



Q: Dear Coach: My workplace has announced that they will issue a pedometer to anyone who wants one. What do you think about the use of pedometers to measure activity and what is an appropriate target? - "These Boots Were Made for Walking"

A: Dear Walking: Fantastic news! That's great that your workplace is taking this initiative to help employees monitor their activity levels and stay fit.

A pedometer is a step-counter. It is a portable electronic or electromechanical device that counts each step a person takes by detecting the motion of their hips. Each person's step distance may vary so most devices allow for informal calibration if you wish to calculate a standardized distance, such as your daily kilometers traveled. Pedometers are becoming popular as an everyday exercise measure. It can be very motivating to have this daily feedback. Usually you wear the pedometer on your waist or belt clip all day. It will record the number of steps and the distance traveled (distance = number of steps x step length).

For the average healthy adult, 10,000 steps per day is the recommended daily step goal. This "10,000 steps" goal helps you focus on your daily overall, accumulated activity. Every day, there are choices to be made and to reach the 10,000 goal, you may choose to do the following:

- Use the stairs instead of the elevator at work.
- Get up and walk over to speak with a colleague, rather than send an email.
- Park at the furthest car park space available to walk into buildings
- Walk, instead of drive, to the local corner store or to do your errands.
- Add an extra walk per day in the morning or evening.

The following pedometer indices were developed to provide a guideline on steps and activity level¹.

Steps Per Day	Activity Level
< 5,000	Sedentary
5,000 - 7,499	Low Active
7,500 - 9,999	Somewhat Active
≥10,000	Active
≥ 12,500	Highly Active

Aim for the 10,000! Make it fun by hosting a team competition within your workplace and see who can make the most change in their activity - everyone who gives it a go is a winner!

Yours in health and fitness
The Coach

Guest response - Sara Pazell, director of L'Amour Yoga Institute Pty Ltd, is a strength and conditioning coach, occupational therapist, personal trainer and group fitness instructor. She is a fellow Paradise Training trainer with Coach Tim.

¹ Tudor-Locke, C., & Bassett, D.R. Jr. (2004). How Many Steps / Day Are Enough? Preliminary Pedometer Indices for Public Health. *Sports Medicine*, 34(1): 1 – 8.