

## Twin Function Pedometer (Step Counter) INSTRUCTION SHEET

The twin function pedometer helps you to track your physical activity so you can see your progress. It has two functions (or 'modes'): it can count your daily steps and also keep a record of your total, cumulative steps over time



### To Start or Re-set Pedometer

- Open the lid to see the display.
- Press the yellow MODE button quickly. It moves a small arrow between the two functions (*day* and *total*), which are labeled on the right,
- Hold the MODE button for a few seconds, until it resets *day* to zero. Press it lightly to move to *total* and do the same. Your pedometer is now re-set and ready to use.

### To Use the Pedometer

- **IMPORTANT:** The pedometer lid **MUST** be snapped shut for it to operate.
- Press the MODE button *once* to show how many steps you've taken today (or since you last re-set the *day* counter).
- Each morning, re-set the *day* counter to zero.
- Press the MODE button again to show the *total* steps since you last re-set the cumulative counter.
- Re-set the *total* counter to zero every week, or whenever you want to start again to re-count your total steps.
- The pedometer display will be blank if you haven't moved in the last 4 minutes. To reactivate, press the button or walk 5 steps.

### Getting the Most from Your Pedometer

- After re-setting the pedometer, clip it onto the waistband of your pants, shorts, or skirt on your side, as close to your hip as possible.
- Check your steps every so often and at the end of the day to see how you're doing. Try to gradually add 2,000 more steps per day (this is about one mile).
- The average person walks 3,000 to 5,000 steps a day. Research recommends walking 10,000 steps a day for better health. If you're coming up short, try some creative ways to add steps. Try taking the stairs instead of the elevator. Or walk a little further from the bus, subway or your car to work or shopping.
- For more information and ideas on walking, go to [www.bphc.org/bostonsteps](http://www.bphc.org/bostonsteps) or 617-534-5690.



Take a Step Toward  
Better Health  
by Walking.

