

# Twin Function Pedometer: Instruction Sheet

The twin function pedometer (Step Counter) is an easy-to-use tool that helps you to track your physical activity in steps. This pedometer 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 (labeled on the right, day and total).
- 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.

Take a Step  
Toward Better Health  
by Walking.

## To Use the Pedometer

- **IMPORTANT:** The pedometer lid **MUST** be snapped shut for it to operate correctly.
- 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 count of 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 for 4 minutes. To reactivate, press the button or walk 5 steps.

1 Start



**Boston Steps**  
NeighborWalk



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### Steps to Getting the Most from your Pedometer

**Step 1:** 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.

**Step 2:** 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 (about one mile).

**Step 3:** Try some creative ways to add steps to see if you can reach 10,000 steps on some days. The average person walks 3,000 to 5,000 steps a day, yet some research recommends walking 10,000 steps a day for better health. Try taking the stairs instead of the elevator. Or walk a little further from the bus, subway or your car to work or shopping.