

## **HOW TO SET UP YOUR PEDOMETER**

To make using your pedometer easier, and more accurate, we have provided a detailed steps on how to set up your pedometer.

*Before you can program stride length into your pedometer, you must determine your stride.*

### **1. DETERMINE STRIDE LENGTH:**

*This method is easiest but least accurate.*

**Females:** Multiply .413 by your height in inches.

**Males:** Multiply .415 by your height in inches

### **2. ENTER INFORMATION INTO PEDOMETER**

1. Press the **MODE** key until the display shows number of steps counted.
2. Press and hold the **SET** key for 3 seconds to display the current stride length setting.
3. Press the **RESET** key to adjust the stride length to the correct amount.
4. Press the **SET** key to switch to the current weight setting.
5. Press the **RESET** key to adjust the weight setting to the correct amount.
6. Press the **SET** key to store the new settings and switch back to the "Number of steps counted" display.
7. Press the **RESET** key for 3 seconds to reset the pedometer.
8. To change from current time, steps, miles, km and calories, press "**MODE**" button to toggle through each option.

## **HOW TO WEAR YOUR PEDOMETER:**

Wear your pedometer above your hip, not near your belly button. Always wear it on a waistband or belt, and to reinforce your pedometer & make sure you don't lose it, feel free to tie something with an alligator clip to your pedometer.

You can also purchase a pedometer safety clip from [amazon.com](http://amazon.com)

*Don't forget to track your total steps at the end of the day online or on your tracking calendar from [www.southernct.edu/onthemove](http://www.southernct.edu/onthemove)*