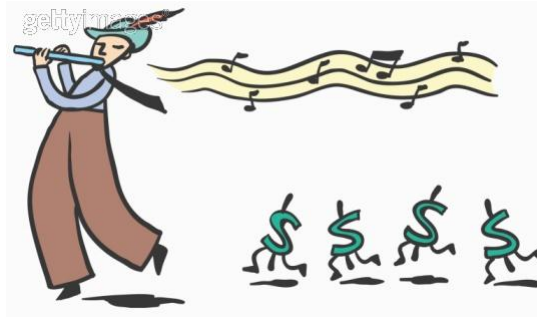


Instructions for wearing the pedometer



What is a pedometer?

A pedometer is a step counter, so every time you walk or run it counts the number of steps you take. To count the steps accurately, it is important that it is worn in the correct place.

How to wear a pedometer?

Please place the pedometer on your waistband or belt, at the front of your clothing, on or as near as possible, to your hipbone. The pedometer should be in line with your right foot when in a standing position. If you are wearing clothes that do not have a waistband or belt (e.g. a dress), the pedometer should be worn under your clothes attached to your underwear.

When to wear the pedometer?

The pedometer should be worn on the same 4 days as the physical activity diary is being completed. The pedometer should not get wet. Please remove the pedometer when showering, bathing or swimming. Record in the activity diary any time during the day the day that the pedometer is not worn.

How to read and reset the pedometer at the end of the day?

- Remove the safety sticker
- To release the cover hold the pedometer by the hook attachment between thumb and index finger. Place the thumb of your other hand under the clip and push away from the hook attachment to release the cover.
- Record the number of steps shown on the display
- After you have recorded the number of steps in your activity diary, press the yellow 'reset' button. This will reset the counter to zero again.
- Close the pedometer by pushing the two sides together until they click
- Replace the safety sticker so the pedometer is ready for the next day

Tips for using the pedometer

- Wear the pedometer during waking hours-but not in water
- Only open the pedometer at the end of the day
- If you change clothes during the day remember to put your pedometer back on
- Put the pedometer by your bed at the end of the day so you remember to put it on the next day