

**Student Council  
Representative should  
read to homeroom.**

**HOW TO USE A PEDOMETER**

As we begin Health and fitness week, UC is providing each student, faculty and staff member with a pedometer. Pedometers are step counters. They are popular tools to help you keep track of the amount you walk. They provide immediate feedback on how active or inactive you are during the course of your day. 60% of Americans fail to get the recommended 30 minutes of physical activity a day and 25% are not physically active at all. Your challenge is to wear this pedometer each day this week to see how active your day is.

Here are some tips on how to wear the pedometer correctly.

First be sure to open the pedometer and press the reset button until only zeros appear.

- Wear the pedometer snugly against your body, attached to the waistline on your clothing.
- Line the pedometer line up with the crease on your pants or the center of your kneecap.
- Keep the pedometer parallel to the ground. If it is tilted to one side or the other, it will not give you an accurate recording of your steps. The pedometer must be closed in order for it to work.

2,000 steps equals one mile. Try to see how many steps you can get into each day this week. For a healthy lifestyle, it is recommended that each person try to get 10,000 steps throughout their day.

You do not have to return these pedometers, they are yours to help get on track to a healthy lifestyle.