



Physical Activity Tracking Devices

Did You Know?

It is suggested that you get 10,000 or more steps a day. That equals about 5 miles a day in total steps!

If you struggle to get 10,000 steps a day, set a smaller goal to increase your current step level by 200 steps a day.

- Park your car farther away.
- Take the stairs more often.
- Take 15 minutes at lunch to walk.

There are many devices that can help you measure how active you are. Some devices simply measure the amount of steps you take, while others provide additional information such as estimated calories used during activity. This information may be helpful or interesting to you as you strive to be active every day.

Want to give physical activity tracking a try? Look through the most common physical activity trackers listed below to find one that is right for you.

Pedometer

Pedometers are generally about the size of a pager and can be clipped onto your belt or onto the waistband of your pants. All pedometers keep track of how many steps you take during the day, while some even track the distance you walk, or the amount of calories you burn. Pedometers count your steps by counting every time that your hip moves up and down. The best place to wear your pedometer for the most accurate step count is on the waistband of your pants. Avoid putting your pedometer in your pocket because it will not count your steps accurately.

Fitbit

This device measures everything from the amount of activity you do, to how much you sleep. There are many different varieties of Fitbits, but most are worn on the wrist, like a watch or bracelet. One variety is worn on the waistband like a pedometer.

Heart Rate Monitor

Heart rate monitors track your heart rate and let you know your exertion level during physical activity. Trying to get your heart rate in a certain “zone” is another way to monitor your level of exertion.

Cellphone apps

Many cellphones have apps that can be downloaded, either for free or for a fee, that track your physical activity. This can help to keep you accountable and motivated.

Make your steps count each day by tracking them with a physical activity tracking device!



Photo by: [Chris Campbell](#)/Flickr

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