



Physical Activity Tracking Devices

Did You Know?

It is recommended to take 10,000 steps or more each day. If you are not taking this many steps, try to gradually increase your number by adding an extra 200 steps each day.

10,000 steps is equal to about 5 miles.



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

Tracking physical activity can be a great way to stay motivated and meet your physical activity goals. Devices can help measure the amount of steps you take, calories you burn, or what your heart rate is during physical activity. This information may be helpful or interesting to you as you strive to be active every day.

Listed below are some popular physical activity tracking devices, and details about each type.

Pedometer

Pedometers can help you track your physical activity by monitoring how many steps you take during the day, 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. For the most accurate step count, wear your pedometer on the waistband of your pants, somewhere between your hip and belly button. Avoid putting your pedometer in your pocket because it will not count your steps accurately.

Fitness band

This device can measure everything from the amount of activity you do to how much you sleep. There are many different varieties of fitness bands, but most are worn on the wrist, like a watch or bracelet. Fitness bands are typically more expensive than pedometers, since they provide a lot more information than a pedometer.

Heart rate monitor

Heart rate monitors track your heart rate and let you know how hard you are working when you are being physically active. 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 to be physically active.

Try using a tracking device to help you meet your physical activity goals!