

Take 10,000 a Day! (use of pedometer encourages walking, www.digiwalker.com)(Brief Article) *Maggie Spilner; Sarah Robertson.*

Full Text: COPYRIGHT 2000 Rodale Press, Inc.

Steps, that is! Get fit, lower your blood pressure, and shed pounds with this little device

Clipping a pedometer onto your waistband in the morning can make you more active--even if you don't "exercise."

When a group of sedentary people were given a daily goal of "10,000 steps of brisk activity," their improvements in fitness level, blood pressure, and body fat over 2 years were comparable to those of a group that followed a traditional gym-based aerobic program. The pedometers made counting steps easy and fun, and acted as a motivational tool by providing immediate feedback.

"Most people are shocked to realize that they're sitting for 12 to 14 hours a day and taking an average of only 2,000 to 3,000 steps," says study author Andrea Dunn, PhD, of The Cooper Institute for Aerobics Research in Dallas. Once the participants realized this, they started changing it by taking stretch breaks, walking in airports, using rest rooms on other floors, and pacing the sidelines of their children's soccer fields. "The pedometers make it a game to get you moving," says Dr. Dunn. Even if you walk regularly, you're probably not hitting 10,000 steps, which is about 5 to 6 miles. That's why it's important to be active all day long. If you're trying to lose weight, you may need to up your tally to around 18,000 steps, Dr. Dunn says.

Best Pedometer

New Lifestyle's SW-401 Digiwalker Pedometer by Yamax is the simplest and most accurate brand that we found. It records your steps and distance in miles. Cost: about \$30. To find a store or to order, call (888) 748-5377; in Canada, call (816) 353-1852; or visit www.digiwalker.com.

Mag.Coll.: 104M2753

Article A62724274



[Copyright and Terms of Use](#)

Copyright and Limitations on Use

© 2003 The Gale Group, Inc. Gale is part of the Thomson Corporation. All rights reserved.

The information available on Gale products is the property of Gale or its licensors and is protected by copyright and other intellectual property laws.

Information received through this product may be displayed, reformatted and printed for your personal, non-commercial use only. You agree not to sell the information received through this product to anyone, including but not limited to others in the same organization, without the express prior written consent of Gale. This product includes facts, views, opinions and recommendations of individuals and organizations that we have deemed may be of interest to you. However, we do not guarantee the accuracy, completeness or timeliness of, or otherwise endorse the views, opinions or recommendations of others.