

# What Is a Pedometer?

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In last month's issue of Output, there was an article stating that pedometers are available for loan through the Nutrition and Fitness department. Yet, many people may not know what a pedometer is, and/or how it can help you increase your fitness.

A pedometer clips to the waist of your clothes. When you walk, it bounces and counts the number of steps that you take. A general goal is 10,000 steps in one day. This sounds like a huge amount, but think about all the steps that you take while cooking a meal, walking to the bathroom or shopping at the mall. Using a pedometer for a week gives you a good idea of how active you are during the day. It also makes you more aware of ways to increase your activity. For example, you may ask yourself "What if I take the stairs instead of the elevator? What if park my car further away from the door? Can I reach my goal of steps for the day by taking a walk around the block?"

Having pedometers available in the Nutrition and Fitness department has even motivated the staff to be more active. We have organized walking groups for staff at some of the dialysis units and are competing to see how many trips around the block we can take for a grand prize of ...yes, food (it is all that we nutritionists think about).

If you would like to borrow a pedometer for a week or two, contact your nutritionist. They are loaned on a first-come, first-served basis.