

Move more – add more steps

- Wear your pedometer **ALL DAY** and **EVERY DAY** (except when you are in water)
- **Clip** the pedometer on **as soon as you get dressed** in the morning
- **Clip** it onto your waistband **above your hip bone** (When we come to the 'puff and putter' counting it may help to change the pedometer from one side to the other – we will discuss this later)
- **Make sure** it is **attached firmly** and does not jiggle around – if you have a flimsy skirt on you may have to attach it to your 'knickers'
- **Make sure** the pedometer is **straight**
- The pedometer **will not work** in your pocket or handbag!!!
- **When** we are assessing your **base line steps** – try not to look at the pedometer until the end of the day
- **Take** the pedometer off **LAST THING** at night
- **RECORD** the number of steps... **BEFORE** you go to bed
- **Put** your pedometer in the **same place** each night so you can find it easily in the morning

RESET the pedometer at night AFTER you have recorded the number of steps

Once we have your **baseline steps** and you set your goals, there is only **ONE THING** that changes from the list above:

Look at your pedometer **OFTEN** during the day
– check to see if you are **ON TARGET** to reach your steps
and if you are already close to your target, this gives you a chance
to **GO FOR IT** and really **EXCEED** the daily total.

