

## Here are a few ways to help you increase your level of physical activity and monitor your progress.

### A) Use a pedometer.

The pedometer is a movement detector that counts every step you take. It should be clipped to your belt or waistband, midway between your navel and your hip (in line with your knee). This device will encourage you to go a bit further every day. Using it will allow you to challenge yourself and observe your progress.



### 3-step pedometer technique

- 1 In order to determine the average number of steps you take every day, note the number of steps you take over 3 consecutive days (making sure to include 1 weekend day).
- 2 Your first objective will be to add 1000 steps to your daily average. Maintain this level over a one-month period.
- 3 If you reach your goal, add another 1000 steps and maintain this for one month. Keep increasing your objective in this way until you have reached 5000 to 6000 steps per day. If your condition allows it, you can keep increasing up to 10,000 steps per day.

**Note:** There are many different types of pedometers on the market. Inquire carefully before making your purchase.