Orientation to Step Counters

Walking is a safe effective way to increase your activity.

Keeping track of steps with a step counter can help increase your activity safely.

Wear the step counter every day. Put it on in the morning when you get up. Take it off at the end of the day.

Q&A

Where should I wear my step counter? It works best on your waist directly above your knee or directly below your armpit. Attach the safety leash to a belt loop or buttonhole or use a safety pin to secure the counter. Clip the counter on a belt or waistband. Make sure it is close and flat to your body. Wear the counter on the same side every day to ensure consistent measures.

Where do I wear my step counter if I have no waistband? Try attaching it to your undergarment, but make sure it is close and flat on your body.

Will my step counter work properly in my pocket? No.

Can the step counter get wet? No. It is not waterproof.

When should I take off the step counter? Take it off when bathing, swimming, and sleeping.

I don't think my step counter is working right. What should I do? Be sure it is upright and you are wearing it as recommended. It must be vertical and closed for accurate counts. If it is still not working, ask your program facilitator for help.

What if the display is blank, black or showing irregular characters? If it is blank, the battery should be replaced. Otherwise the LCD (liquid crystal display) is probably broken because it was dropped or directly hit. If so, you need a new step counter.

I hear something moving inside my step counter. Is that normal? Yes. That's the lever arm, which moves up and down as you move.

At the start of each day, press the yellow reset button to set the counter to zero.

This first week, do what you usually do. Remember to write down the number of steps you take each day. These are your "baseline" numbers.

Check the box for "all day" if you wore your counter the entire day

- **Keep wearing you step counter everyday.**
- **Remember to write down you total steps everyday.**

Name/ID#:_____ **week 2**

STEPS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

5 A DAY

At least five servings of fruits and vegetables is the goal for a healthy diet.

Eating more vegetables and fruits is a *Step to Healthier Aging*.

What is a serving of fruit?

1 medium apple, banana, orange, pear
1/2 cup chopped, cooked, canned, fruit
3/4 cup (6 oz) 100% fruit juice
1/4 cup dried fruit, like raisins or prunes

What is a serving of vegetable?

1 cup raw leafy vegetables
1/2 cup other vegetables, cooked or raw
3/4 cup (6 oz) vegetable juice

- Remember to check off each serving of fruits and vegetables you eat each day.
- Try to eat one more serving than usual each day until the goal is reached.

MOVE MORE

morning, put it on as soon as you remember. Check the box on your log when you wear it all day.

- Every so often, open your counter to see how many steps you have taken. It may motivate you to walk some more!
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Remember

- Moving More is a healthy thing to do… don't be afraid!
- Press the reset button on your step counter before starting a new day.
- If you forget to put your counter on in the

Name/ID#:_____ **week 3**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies
5 A DAY	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

5 A DAY

Remember

- Check off the fruits and vegetables you eat each day.
- Your daily goal is at least 5-a-Day.
- Try to eat colorful fruits and vegetables each day for variety.

MOVE MORE

Warm up with five minutes of walking slowly and then stretch.

Stretch after walking to stay flexible and avoid soreness.

Stretches and movements: make copies of Appendix 2 to give to participants.

1. Calf Stretch
2. Hamstring Stretch
3. Ankle Circles
4. Chair Stands
5. Toe Rises
6. Side Leg Raises

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Name/ID#:_____ week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 A DAY	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies	fruits & veggies
STEPS	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps	# of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

The easiest way to get calcium is in **dairy products:** milk, yogurt, cheese, and foods made with them. Try to drink or eat 3 servings of calcium-rich dairy foods everyday.

Choose **fat-free** or **reduced fat** dairy products most often, unless you are having difficulty keeping your weight up. If so, regular (full fat) dairy products have the added calories that you need.

If dairy is a problem, try lactose-free products, calcium fortified soymilk, or calcium fortified orange juice.

- Remember to check off each serving of calcium-rich food you drink or eat each day.

MOVE MORE

Use the perceived exertion scale below to monitor how hard your body is working.

Your own feeling of effort and exertion is important, not how it compares to others.

You should try to walk at levels 4–6.

0	None
0.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5–6	Strong (heavy)
7–8	Very strong
9–10	Very, very strong
over 10	Maximal

You can also use the talk test to check how hard you are working. You should be able to carry on a conversation while you are walking. If you are too out of breath to talk, then slow down.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

Name/ID#:_____ **week 5**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOOD	calcium-rich	calcium-rich	calcium-rich	calcium-rich	calcium-rich	calcium-rich	calcium-rich
	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

- Choose fat-free or low fat dairy products most often, unless you are having difficulty keeping your weight up.
- Remember to check off the calcium foods you drink or eat each day.
- Daily calcium goal is 1,200 mg or 3 or more servings of calcium rich foods. Use this list as a guide:

Yogurt, plain, low, or nonfat	1 cup = 435 mg
Sardines, canned, with bones	4 ounces = 430 mg
Ricotta cheese, part-skim	1/2 cup = 340 mg
Yogurt, low-fat, fruit	1 cup = 315 mg
Fortified orange juice	1 cup = 300 mg
Milk, whole, low/reduced or fat-free	1 cup = 300 mg
Swiss cheese	1 ounce = 270 mg
Salmon, canned, with bones	4 ounces = 260 mg
Collard greens, cooked	1/2 cup = 180 mg

- Remember to check off the calcium foods you drink or eat each day.

MOVE MORE

Osteoporosis is a serious problem for older people. Make your bones strong to protect them.

Bone strength is related to how much weight bearing activity you get. You can minimize the bone loss associated with aging by doing weight-bearing activity every day.

Walking is a great weight bearing activity. You don't have to walk really fast to benefit from the activity.

Well-groomed toenails are important for foot comfort. Remember to check your shoes to make sure that:

- The heel is low;
- They have an arch support;
- There is space for the toes and heel;
- They fit snugly;
- They are not worn out.
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

Name/ID#:_____ **week 6**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOOD	calcium-rich	calcium-rich	calcium-rich	calcium-rich	calcium-rich	calcium-rich	calcium-rich
	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

Eating foods with fiber as part of a healthy diet may help reduce your risk of heart disease and colon cancer. High fiber cereals can help keep your bowels working. A fiber-rich food has at least 5g in a serving. Notice that the cerealsat the top of the list have more fiber than those at the bottom.

Cereal	Serving	Fiber
Bran Buds	1/3 cup	14g
All-Bran	1/2 cup	10g
100% Bran	1/3 cup	8g
Bran Chex	1 cup	8g
Raisin Bran	1 cup	7g
Bran Flakes	1 cup	5g
Mini-wheats	5 pcs	5g
Oatmeal (dry)	1/2 cup	4g
Grape-Nuts	1/2 cup	4g
Cheerios	1 cup	3g
Wheaties	1 cup	2g
Grits (dry)	1/2 cup	2g
Cornflakes	1 cup	1g
Puffed wheat	1 cup	1g
Nutri-Grain Bar	1 bar	1g

- Remember to check off the fiber-rich foods you eat each day

MOVE MORE

Don't let the weather discourage you from walking. Try new ways to add steps even if it's hot, cold, rainy, or snowy.

Depending on the weather, here are some walking tips:

- Dress for the weather;
- Consider indoor walking at a mall or in hall ways when the weather is hot, rainy, or cold;
- Try walking in a nearby shady park or where paths are kept clear in winter, and where there is water;
- Make sure to take water with you, so you don't become dehydrated;
- Put yourself on a schedule for drinking water or other fluids everyday. Set a goal for drinking water and stick to it.
- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

Name/ID#:_____							week 7
FOOD	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	fiber-rich	fiber-rich	fiber-rich	fiber-rich	fiber-rich	fiber-rich	fiber-rich
	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

To add more fiber:

- Read labels for **fiber content** and choose the highest grams of fiber;
- Switch to **whole wheat breads, crackers, cereals** and other **whole grain foods**;
- Eat more **fruits** and **vegetables**;
- Add **raisins** to your whole grain cereal;
- Eat **dried fruit** for snacks;

Rich sources of fiber

1/2 cup	High fiber cereals
1/2 cup	Beans, cooked or canned (kidney, lima, pinto, garbanzo)
1/3 cup	Peanuts
1/2 cup	Raspberries
1/2 cup	Green peas
1 med	Baked potato with skin
1/2 cup	Brown rice, pearl barley, bulgur
3 med	Dried figs or prunes
1 med	Fresh pear
1 med	Yam or sweet potato
1 cup	Popcorn

- For the next week, eat two or more foods from the list above every day;
- Remember to drink more **fluids** as you eat more fiber.
- Remember to check off the fiber-rich foods you eat each day.

MOVE MORE

Being active is one of the best ways to prevent constipation.

Being active can also reduce your chance of getting colon cancer.

Physical activity can help you sleep better.

Regulating your activity schedule can help you regulate your bowels and sleep.

Avoiding constipation and fatigue will help you keep exercising regularly.

Your body was designed for activity—everything works better when you keep moving.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

Name/ID#:_____ **week 8**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOOD	fiber-rich	fiber-rich	fiber-rich	fiber-rich	fiber-rich	fiber-rich	fiber-rich
	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

Each day, measure 1–2 typical portions of a different food you eat. Use one of the easy methods below or use a measuring cup.

Quick estimation of serving sizes:

- A deck of playing cards is about a 3 ounce serving of cooked meat, poultry, or fish;
- A baseball is about 1 cup of milk, yogurt, or chopped fresh greens;
- A computer mouse (or small fist) is about a 1/2 cup of cut fruit, vegetables, or pasta;
- A tennis ball is about the size of a medium size piece of fruit;
- A golf ball is about 2 tablespoons of peanut butter;
- Two 9-volt batteries are about 1 1/2 ounces of cheese;
- Your whole thumb equals about 1 ounce of cheese;
- Your thumb tip is about 1 teaspoon of margarine.
- Remember to check off each time you measure a serving of food you drink or eat. Try different methods!

MOVE MORE

Proper posture depends on proper shoes. Stretching everyday can help.

When you are walking or doing any other physical activity, proper posture helps you be more efficient.

Good posture can help you avoid injury, and look and feel better too!

So keep walking tall!

Keep wearing your step counter everyday.

Remember to write down your total steps each day.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day

Your new step goal is _____

Name/ID#:							week 9
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FOOD	measured	measured	measured	measured	measured	measured	measured
	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

Use the serving size tricks to control your food intake. Don't let "super size" restaurant portions tempt you to eat too much.

If you are having trouble keeping your weight up, try eating larger portions or taking a few more bites of all the foods you eat.

Quick estimation of serving sizes:

- A deck of playing cards is about a 3 ounce serving of meat, poultry, or fish;
- A baseball is about a 1 cup of milk, yogurt or chopped fresh greens;
- A small fist (or computer mouse) is about a 1/2 cup of cut fruit, vegetables, or pasta;
- A tennis ball is about the size of a medium size piece of fruit;
- A golf ball is about 2 tablespoons of peanut butter;
- Your thumb is about 1 ounce of cheese;
- Your thumb tip is about 1 teaspoon of margarine.
- Remember to check off each time you measure a serving of food you drink or eat. Try different methods!

MOVE MORE

Food gives us calories; activity uses calories. Try for a good balance with sensible portion sizes and Moving More.

Obesity, diabetes, and heart disease are a dangerous trio that can be fought with more physical activity.

Being underweight can cause fatigue, lower your resistance to illness, and even reduce your appetite.

Even modest increases in activity help! If your appetite is poor, *Moving More* should help perk it up.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.

Your new step goal is _____

Name/ID#: _____							week 10
FOOD	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	measured	measured	measured	measured	measured	measured	measured
	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day

EAT BETTER

Use the information below to guide your food choices.

Remember the serving sizes are:

- 2–3 oz of cooked fish, meat or poultry;
- 1/2 cup of raw or cooked vegetables;
- 1 cup of leafy green vegetables;
- 1 cup of yogurt or milk;
- 1/2 cup of canned or cut up fruit;
- 1 medium size piece of fruit;
- 1 slice of bread;
- 1/2 cup of pasta or rice
- Write down the numberof servings of each Pyramid group you eat each day for a week.

MOVE MORE

Get up…don't use the TV remote!

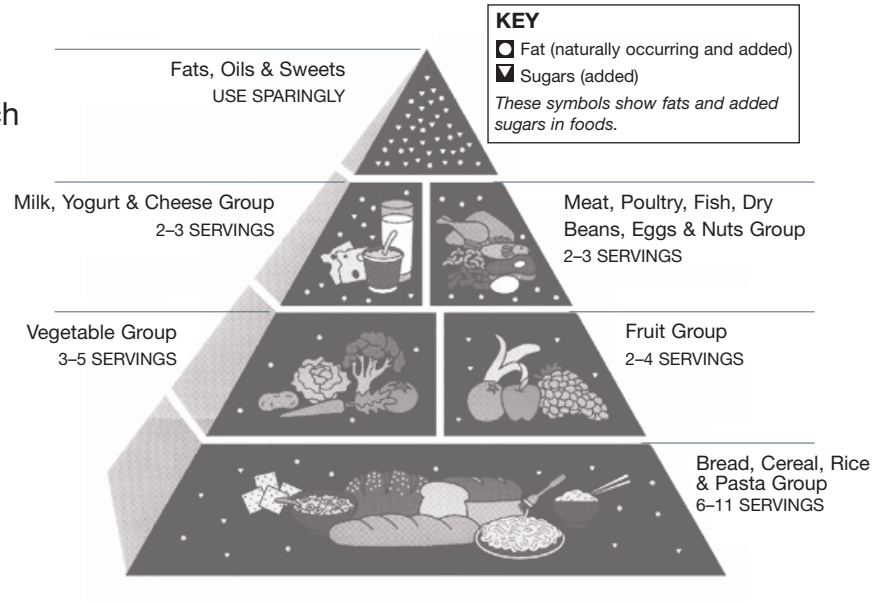
Walk to look out the window during commercials.

Walk to places near home if it is safe.

Return your shopping cart to the store instead of leaving it in the parking lot.

Use the stairs instead of the elevator.

- Keep wearing your step counter everyday.
- Remember to write down your total steps each day.



Your new step goal is _____

Name/ID#:_____ **week 11**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dairy							
Meats							
Poultry							
Vegetables							
STEPS	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps	_____ # of steps
	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day	☐ all day