

# The Biosphere Step Counter - Do It For Life

## Wearing your pedometer

Place your pedometer on your waistband or belt. Position it directly above your knee, on the same side as the hand you normally write with. To attach the pedometer, start by sliding one corner of the clip onto your waist band or belt, moving it into position until it is straight. **Do not force the clip onto a thick belt, as the clip may break.**



The pedometer should remain upright and stay close to your body (it should not tilt forward, backward or side-to-side). The pedometer cover needs to be closed for the pedometer to accurately count steps.

## Using your pedometer

This pedometer is easy to use! It has just one button - **RESET**

The **Reset** button has a delay to help prevent accidental reset. To clear your total, simply press and hold the reset button for 2 seconds.

## Checking your step count

To do a step test, open the cover and reset to zero. Gently close the cover and take 20 steps. If the pedometer is not reading between 18 and 22, try attaching it in a different location. (Pedometers can also be worn in an alternative position on the waist, such as the mid back, as long as they remain upright and moving with you.)

## Taking care of your pedometer

To prevent loss or damage, simply attach the strap to your pedometer when you receive it. When wearing your pedometer, always clip the strap to a belt loop or pocket.

- If you prefer, you may remove the protective film on the LCD
- Do not immerse your pedometer in water
- Do not apply excessive force as this may damage the LCD
- Change the battery when the display fades, or once a year



The pedometer features an **Auto Shut-Off**. If there is no movement for 5 minutes, the LCD display will automatically shut off to conserve battery life. When you start moving again, the LCD will automatically come back on.

The pedometer uses an LR-43 battery. Place a paper clip in the slot at the top of the triangular piece on the cover of the pedometer and twist it to pop the cover off. Using a mini screwdriver, remove the screw securing the battery. Remove the old battery and replace it with a new one. Replace the screw and tighten. Snap the cover back on.

**Available for \$20 at the West Parry Sound Health Centre Foundation.**