

Family Pedometer Pack



Thank you for your interest. We hope your family will enjoy using the materials in this packet. Most of all, we hope your family will be encouraged, excited, and invigorated as you exercise and set goals together. Our desire is to help our community get active and stay active! The rate of

obesity is high and is only expected to increase in the coming years. This packet will assist you and your family in determining your current level of activity and setting goals to get you on the path to a healthy lifestyle. The activities are designed to be enjoyable and informative. A pedometer is one of the most powerful tools available to get kids moving. Studies show that wearing a pedometer raises both awareness and the actual amount of daily physical activity. It can help students and adults set concrete goals for improvement and provide other health benefits such as improving peak bone density and stimulating critical growth hormones.

An *Active* Student is a Successful Student!

Increasing daily activity is key to fighting childhood obesity.



Start Here

① “Correct Placement of the Pedometer”

The pedometer should be placed on your waistband directly above your knee.

② “Getting Started”

Push the yellow button to reset the pedometer to zero. Check the pedometer for accuracy. Walk a short distance and count the number of steps as you go. Stop and check if the number you counted is the same as the number on the pedometer. If the numbers are only off by a few steps then you are ready to go. If there is a significant discrepancy then check the placement of the pedometer on your waistband and start again. Also, make sure the cover is closed while you are walking. The pedometer will not accurately count steps when open. If you have problems with a pedometer, please let us know.

③ “Choose an Activity and Get Moving”

Your Family Pedometer Packet contains a variety of activities for you and your family to choose from. We have designed activities for different grade levels and fitness levels. Choose what is appropriate and motivating for you and your family.

④ “The Next Step”

If you are interested in purchasing pedometers for your family, there are plenty to choose from. The pedometers included in our family packets are from Walk4Life www.walk4life.com. They sell a variety of pedometers in different colors and functions. We purchased the basic model made to count steps only. Other pedometers will also convert steps to distance, calculate calories burned, time of day, and activity time. Prices range from \$23.00 to \$29.00. If purchasing two or more you receive a \$3.00 discount. I have also seen pedometers at Target, Sports Authority, and even some grocery stores.

Compare & Contrast

Set up a start and finish line. This could be the length of your driveway or further. Each family member will walk the determined distance and record the number of steps. Try this two times.

Do the MATH 

Name	#1 Steps	#2 Steps	Total Steps
Total			

? Discussion Questions ?

Who took the fewest steps?

Who took the most steps?

Why was the number of steps not the same for everyone even though the distance was the same?

That was too easy! We need more exercise!

Go for a walk around your neighborhood. Be sure to reset the pedometers to zero before you get started.

Do the MATH 

Name	#1 Steps	#2 Steps	Total Steps
Total			

Use the same discussion questions or make up your own.

🕒 ALL DAY – EVERY DAY! 🕒

? Discussion Questions ?

1. Who was the most active during the day this week?
2. Kids, keep in mind that adults don't have recess and PE when they go to work. Ask your parents how active they are at work? When do they get the most exercise?
3. Which activities do you think had the highest step count?

How far did I walk today?

The pedometers included in this family packet only count steps. Some pedometers will convert the number of step you take into distance. Ahh, wouldn't it be nice if you had a pedometer that did the math for you. 😊 Too bad! You are going to have to do the math yourself!

Steps in a Mile

- 1) Tony walked one lap around the track at his high school. His step count was 625. How many steps would it take him to walk a mile (4 laps around the track)?

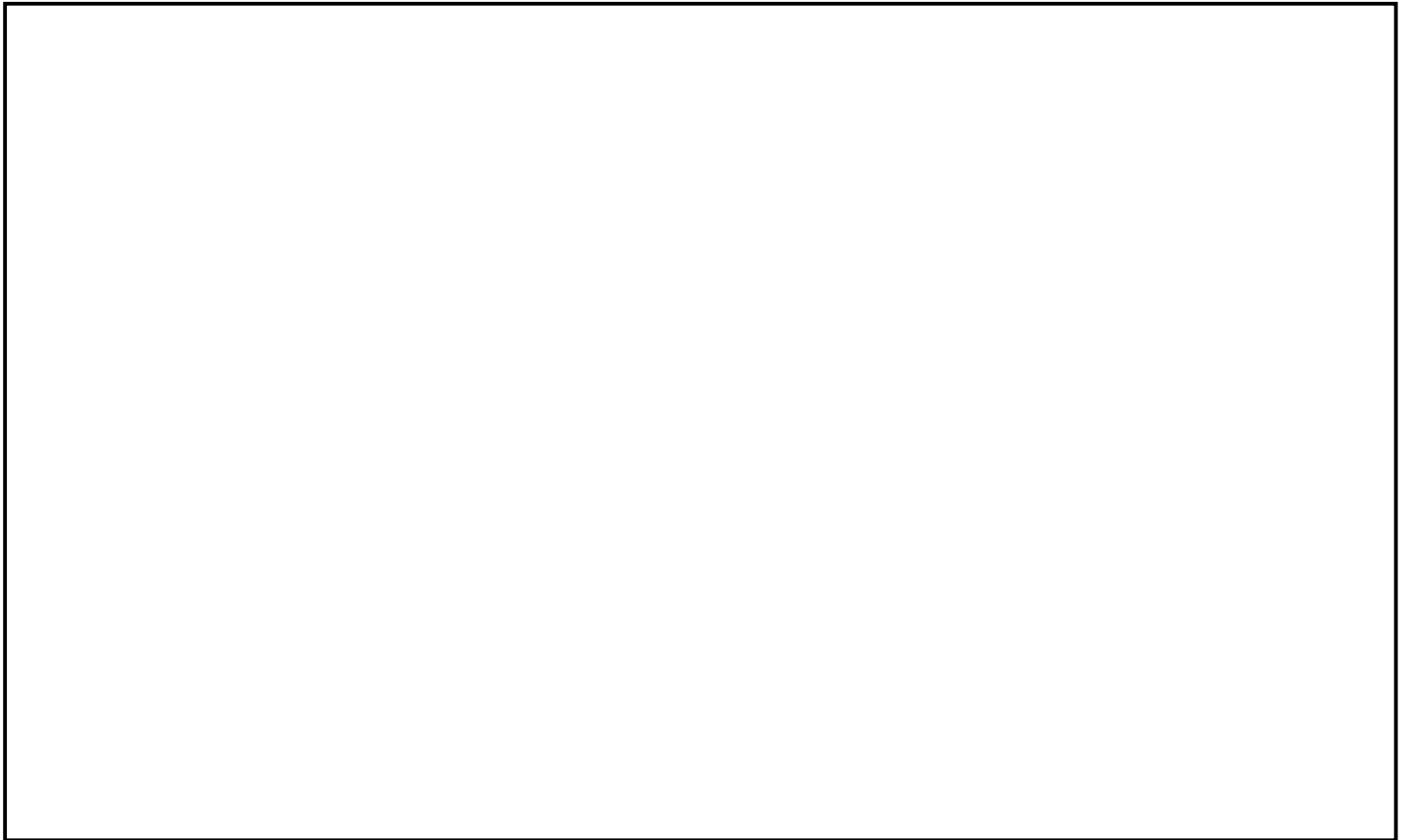
- 2) Do you think his total step count would be higher or lower if Tony ran a mile instead of walking? Why?

How Far Did I Go Today?

- 3) Using the answer from question one, how many miles did Tony walk if he took a total of 16,525 steps?

- 4) How many miles have you walked? Use your total step count for one day and calculate how many miles you walked. There are approximately 2,500 steps in one mile.

Draw a picture of your favorite activity.



Participate in some of the following activities with your family. Draw a circle around the ones that you did. Draw a star next to the ones that a family member did with you.

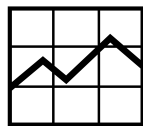


Steps, Steps, and More Steps!

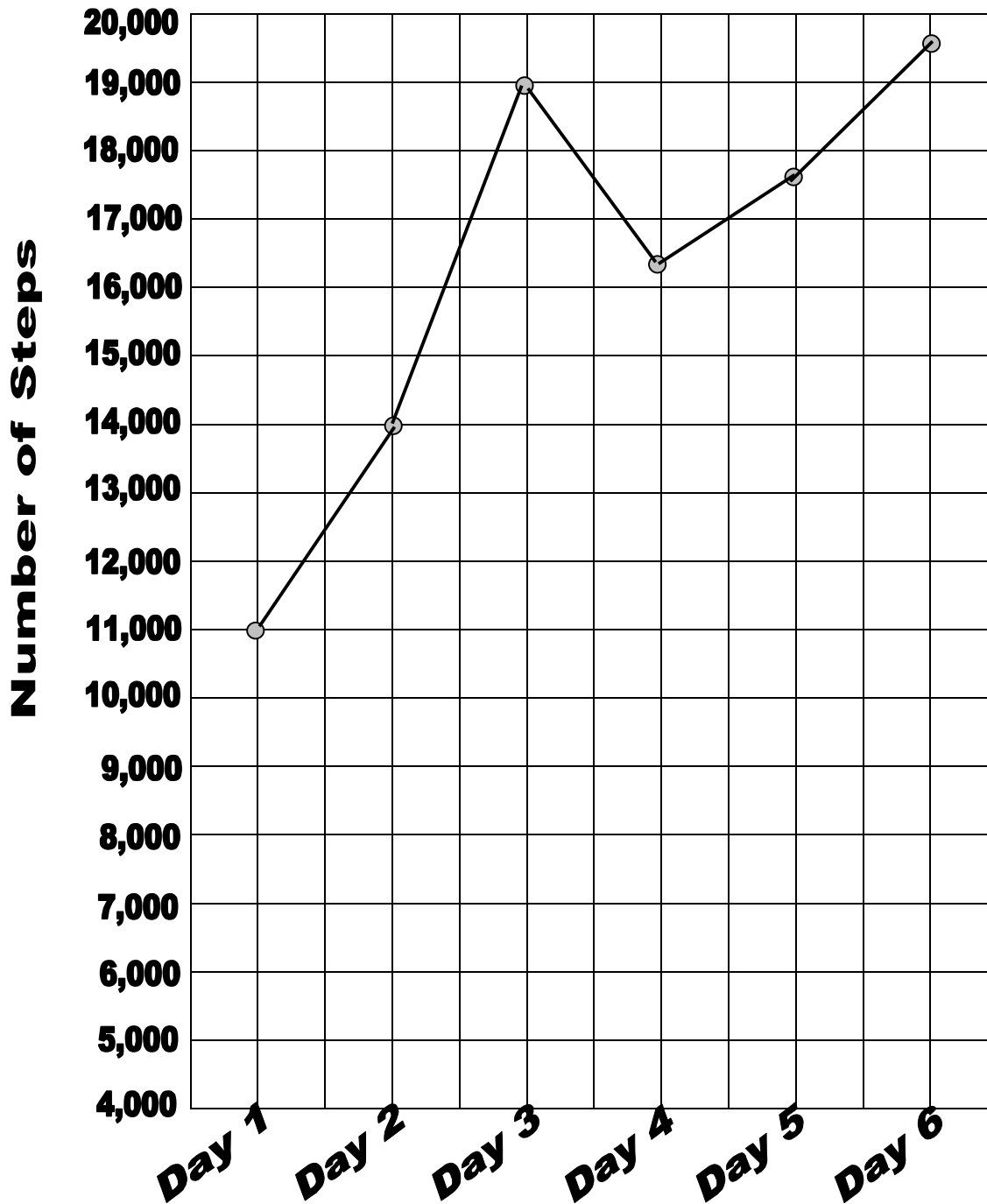
Ideas to increase your daily step count.

1. Park in the farthest space from the store or mall.
2. Take a walking break instead of a coffee break.
3. Walk around, skip, or jog during the TV commercials.
4. Put on upbeat music while you clean the house.
5. Get outside!
6. Take up dance-ballroom, clogging, you name it. Most of us love music, and it's fun.
7. Hide your remote controls.
8. Take the stairs instead of the elevator and walk up the escalator.
9. Adopt a dog and walk with it.
10. Play your favorite sport or game.

©2005 NEW LIFESTYLES, INC



Step It ⇒ Graph It



Example: Name Line Color
 Ms. Hicks = Black line
 _____ = _____
 _____ = _____



Chandler Unified School District

FAMILY Pedometer Pack



Check one out for your family.

Each activity pack includes enough pedometers for your **entire family** and activities to get your family moving together. Why pedometers? Everyone can use them and you determine the intensity of your work out (walk, jog, skip...). **Are you and your family meeting the national health recommendations: 30 to 60**

minutes of moderate to vigorous activity all or most days of the week? It's time to take what we have learned in physical education class home and help the family lead an active lifestyle. **We invite you to wear the pedometers all day everyday for one week.** Wear them to school and work. I strongly encourage parents to participate in the program. Don't worry, it won't hurt! The pedometer packs have activities for all ages.

_____ Number of Pedometers Needed

Student Name: _____ Teacher: _____

Names of all Family members participating (please print clearly):

Phone Number

E-mail

Parent Signature

Check Out Date: _____ Return Date: _____

Remember to have fun and please take care of the pedometers!