

Easy to Use Pedometer Recommendations
by the American Dietetic Association Weight Mgt. Practice Group

Overall pedometer recommendations:

- Ensure closed case protection.
- Pedometer Leash/safety strap
- Get warranty if able.
- Model that flips open and spring loaded clip vs. molded plastic clip that slides over waist band
- Accusplit and Digiwalker recommended by most listserv.

Pedometers:

- ❑ Omron Healthcare HJ \$35 (Consumer reports 2004)
- ❑ Freestyle Tracer \$20 (Recommendations by Consumer reports 2004)
- ❑ New Lifestyles NL 2000 \$55 (Consumer reports 2004, Listserv Members)
- ❑ Digi-walker (By New Lifestyles) (Ruth Ann Carpenter-Cooper institute)
- ❑ Digi-walker SW-200 (By New Lifestyles. Counts steps only.-Listserv Member)-comes with booklet on positioning the pedometer and safety strap(\$5.00 extra)
- ❑ Accusplit (Ruth Ann Carpenter; Cooper institute)
- ❑ Accusplit Eagle X 120; (Listserv member)~\$20.00
- ❑ Sports Line Electronic Pedometer. Has walking booklet. Wal-Mart. Recommended by Listserv member. \$3.88
- ❑ Check with pharmaceutical reps. Ie Abbott (Freestyle)-Listserv Member

Websites/Phone for ordering:

Accusplit:
1-800-935-1996
<http://www.accusplit.com/> (Good customer service)

Digiwalker/New Lifestyle:
1-816-373-9969
<http://www.new-lifestyles.com/DIGIWALKER>