



FitBits™

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Pedometers are great and inexpensive tools for helping you to get a jump start on Shape Up Across Colorado. Pedometers are inexpensive, pager-sized devices, worn on the waistband, that record the number of steps you take. Pedometers were actually invented by Leonardo Da Vinci and made their way to America during colonial times by Thomas Jefferson. But it was Japan who commercialized the pedometer in 1965, calling it "Manpo," meaning 10,000.

Some handy tidbits to know as you begin to Shape Up with your pedometer are:

- There are approximately 2,000 steps in a mile.
- You burn about 75 calories with every 2,000 steps; and you burn roughly 300-500 calories walking 10,000 steps.
- It takes a half marathon, or 13 miles, to burn off a super-sized meal.
- An average 30 minute walk is about 4,000 steps.
- Walking all 18 holes at a golf course is about 12,000 steps – but if you use a cart it's just 4,000 steps.

And a few Step Boosters:

- Take the stairs
- Park further away if safe
- Meet your friends for activities instead of meals
- Walk the mall before you shop
- Walk while talking on the phone
- Walk during your breaks at work
- Walk to your co-workers' desks instead of emailing them