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# Good Housekeeping

## Pedometer Ratings: GH Picks Best Pedometers

These little gadgets come packed with a lot of motivation. A recent Stanford University study confirmed it: Those who wear one take more than 2,000 extra steps a day – that’s well over a mile. To help you choose the best pedometer for your needs, the Good Housekeeping Research Institute put 10 through their paces, analyzing durability, accuracy, performance, and ease of use. We tested them in the lab and strapped them on to 17 staffers, who walked on treadmills and around the block. Here are our top three choices.

### 1. Accusplit Eagle 190 Multi-Function Pedometer



Best for the feature lover. Most useful option: goal tracking, because it logs (and lets you track) your total steps, distance, calories, and activity time. The Eagle 190 also has an extra-large cumulative memory – it counts up to 10 million steps – so you can walk off weight to the max.

### 2. Yamax CW-300 Digi-Walker



Best for the minimalist. This no-frills pedometer has only two features – timing and step counts. It’s lightweight and easy to use, and it includes a step filter that prevents arm movements or other quick upper-body motion from being counted as steps.

### 3. Omron Pocket Pedometer



Best for tech savvy. This pedometer comes with software that lets you connect it to your computer to view and print your walking stats (steps taken, calories burned, fat burned, and distance covered). The info is updated each time you upload it, so you can log on and analyze your progress for the day, week, month, or year.

For full article, visit <http://www.goodhousekeeping.com/product-testing/reviews-tests/fitness-equipment/best-pedometers>

All pedometers work basically the same way. They use a mechanical sensor that counts steps based on how your body moves, sensing the impact on the ground from a step. Traditional pedometers use a spring and lever arm to manually count each step, while accelerometer pedometers use a strain gauge. In tests, most traditional spring-levered pedometers are more accurate at faster paces. That's because when you're walking faster, the impact of your steps is more pronounced, and it's easier for the pedometer to sense the impact. For slow walkers, experts recommend accelerometer-based pedometers, which are better at sensing impact at slow paces.

If you just want to know your step count, a basic, inexpensive pedometer may suit your needs. For serious walkers, some pedometers come with a USB connection that helps you track and analyze your progress on the computer. Finally, some walkers may appreciate a pedometer with a wrist monitor so you can easily keep tabs on your step count. These pedometers are more expensive, but they typically have more features. Regardless of what type of pedometer you choose, experts say to keep the following in mind:

- **Accuracy is the most important feature.** Choose a model or brand that gets good marks for accuracy. If you have a waist size of more than 40 inches, or if you prefer to walk slowly, an accelerometer pedometer (like the top-rated Omron HJ-112 pedometer) is your best bet.
- **Look for an easy-to-read display.** Ideally, the display area should be large, with oversized numbers that are easy to read. A backlit LCD makes the pedometer easier to read. You should be able to read the information without removing the pedometer.
- **A protective cover prevents accidental resetting of the device.** The buttons to program the pedometers should be covered and protected, yet still be easy to access. Some pedometers have a flip-open cover to prevent accidental resets.
- **Don't expect accuracy with distance and calorie calculations.** There are so many variables involved in measuring distance and calories that the data given usually isn't accurate.
- **Pedometers need batteries.** Most come with internal batteries that need to be replaced from time to time. A few models have rechargeable batteries.

### Best Pedometer – Omron Pocket Pedometer HJ-112

Pros:

- Highly accurate in most situations
- Multiple placement option
- Large display is easy to read

Cons:

- Bulky
- Less accurate on a pants pocket



### Best Pedometer that Counts Steps Only – Accusplit Eagle AE120XL

Pros:

- Good accuracy
- Easy to use

Cons:

- Belt clip didn't work well for some
- Not the best choice for slow walkers
- Not for those with over a 40 inch waist

