Step by step

You’ve heard of Fitbit and other fitness trackers (there’s even an automatic one on the iPhone!). At their core, they are pedometers, which keep track of how many steps you take. Here’s a quick overview of whether tracking every your move actually helps.

**Why use a fitness tracker/pedometer?**

A pedometer helps you monitor how active you are. Being more active = increase your overall health.

They’re great if you’re new to exercise and don’t know where to start!

**Limitations of the pedometer:**

It doesn’t track non step-based exercise that you do, like biking and swimming. It also might pick up non-walking movements, like reaching down to tie your shoelace.

Remember that walking is usually considered light-moderate exercise. There are plenty more benefits when you start exercising at vigorous intensities!

**Is the 10,000-steps/day recommendation a myth?**

Some studies have shown that you need as little as 7,000 steps a day to make a difference, but it also depends on your current fitness level. Either way, 10,000 steps is a nice round number, and a good number for a goal. But don’t beat yourself up if you don’t make it!

**Does taking the 10,000-step challenge mean I don’t have to exercise?**

If you want to work on fitness components like cardio, strength, endurance, and flexibility, then you’ll want to keep your regular workouts. Besides, reaching 10,000 steps probably means you have make extra walking trips anyways. Turn them into a brisk hike: head for the nearest park trail, put the Proclaimers *500 Miles* on repeat, and go!

Reference:
