



VIBE TRIM AND TONE PROGRAM

MODULE 2

PEDOMETER REVIEW

COPYRIGHT NOTICE

This website and its content is copyright of vibrationexercise.com © – 2012. All rights reserved.

Any distribution or reproduction of part or all of the contents in any form is prohibited other than the following:

- **You may print or download to a local hard disk extracts for your personal and non-commercial use only**
- **You may copy the content to individual third parties for their personal use, but only if you acknowledge the website as the source of the material**

You may not, except with our express written permission, distribute or commercially exploit the content. Nor may you transmit or store it in any other website or other form of electronic retrieval system.

MODULE 2 PEDOMETER REVIEW

You now have the total number of steps you take every day. You may see that some days are more than others. Add the numbers for 7 consecutive days and divide by 7. This will give you the **average number of steps you take** every day. Now add 500 to this number. This will now be your new goal every day.

Your goal is to increase the number of steps you walk every day by 500 every 2 weeks.

The ultimate goal is to walk 10,000 steps per day. However, **let's be real here**. This is one of the most recommended 'goals' with a pedometer. However, as you begin your pedometer program, most people don't realize how much 10,000 steps really is. It is approximately 5 miles of walking. That's a pretty big goal. If you try to go after this goal, you will have a higher chance of failure. The goal is to start with smaller goals and work your way up. Trust us. We've tried it. We've had patients try it. Everyone wants to get to the top goal fast and quick. This leads to failure long term. By taking simple steps, like adding only 500 steps per day to your average every 2 weeks, you'll not only reach your goals, but also maintain them.

COMMON QUESTIONS

How many calories can I burn with starting a walking pedometer program?

This is one of the most common questions we get. The answer lies in the fact that you need to change your mind set about 'calories burned' with each activity. This is overanalyzing your program. Think more in terms of gradual increase in overall activity over the long term. This will lead to health and weight changes. They won't be as dramatic but they will last long term. Now let's get back to the question.

Walking 10,000 steps is approximately 5 miles of walking. How fast you walk will also determine the number of calories you burn, in addition to your own body weight. The more you weigh the more calories you will burn. A 200 person will burn more calories after 10,000 steps than a 150 pound person, even if they walked at the same pace. That being said, the 'average' number of calories one can expect to burn from 10,000 steps is about 500 calories per day. Now remember, this is 10,000 steps ABOVE what you would normally walk. If you added 10,000 steps per day above what you are already doing, and you kept your diet the same, you'll lose a pound per week. However, this goal is unrealistic for most. If you can actually get to 10,000 extra steps per day than what you are doing today, then that will go a long way to your success. The more activities you do, the less you have to 'starve yourself' on a diet.

Why don't I just walk more rather than use a pedometer?

As you'll see in our program, taking action and implementing goals is one of the biggest predictor of your success. The pedometer by itself is not a magical device that will help you lose weight. It's a form of feedback for you to keep up with your goals. When goals are measurable, it's more likely to be accomplished.

How much weight can I really lose by wearing a pedometer?

As you can see from the calculations in the previous question, using a pedometer for a walking program is not really going to help you lose a lot of weight, unless you go to the extreme. The extreme (walking 10,000 steps per day above your normal steps) is a long term goal and not something you should jump into right away. However, a study in the Annals of Family Medicine found that on average, without any change in diet, wearing a pedometer can help someone lose about 1 pound every 10 weeks, or 5 pounds in a year. This is just one study and like I said, you may lose more or less depending on how much you increase your steps. But this study is a good example of the 'normal' results

we may see. However, what if you added this to your vibration workout and your nutrition changes? Then the results will be even better.

Does using a pedometer help me know how many calories I burn during the day?

The ability to know how many calories you actually burn is not something you can easily get from a pedometer, even an app for your smart phone. In order to monitor the number of calories you burn throughout the day, you'll need to invest in an 'activity monitor'. There are various devices on the market and we'll talk about them soon in the next module.