Tips to Purchasing a Pedometer

To log your steps for Heart Beat Pedometer Challenge there are various apps and devices. Top running apps include Nike + Running, PUMATRAC, MapMyRun, as well as many others. If you are interested predominately in monitoring steps, apps such as Pacer help keep track of your daily steps and miles.

If the idea of an app does not appeal to you, there are a variety of devices that are great for tracking your activity. You can pick up a simple pedometer at your local Walmart, Target, or Walgreens that only tracks your steps. If you want something more advanced, you can purchase a device like an Omron or Fitbit. The links and a list of their features are located below.

Campus Wellness also has a limited supply of pedometers for those participants who do not have a pedometer or do not wish to use an app.

The Omron HJ-112 Digital Pocket Pedometer ($58.95, plus shipping)
- Features: dual axis technology, 6 tracking modes, 2 kinds of steps, stores up to 7 days of information and resets at midnight.
- To read the reviews and more about the product, please click here: [http://www.amazon.com/Omron-HJ-112-Digital-Pocket-Pedometer/dp/B0000U1OCI](http://www.amazon.com/Omron-HJ-112-Digital-Pocket-Pedometer/dp/B0000U1OCI)

Fitbit Zip Wireless Activity Tracker ($59.95, plus shipping)
- Features: Tracks steps, distance, calories burned; syncs with computer/phone; allows you to set goals/view progress and share/compete with friends.
- This product can be found at other retail stores, including Target and Walmart for a lower cost.
- To read more about the product, please click here: [http://www.fitbit.com/zip](http://www.fitbit.com/zip)

Additional Resource about Choosing a Pedometer:

If you need help or have questions, please email us at sawellns@mailbox.sc.edu or call us at 777-6518.