

Which Model?

Consider the ratings

Pedometers can be found in most sporting goods stores or can be bought directly from the manufacturer online.¹ As pedometers become more popular in your area, you may find them in other local multi-purpose stores as well (check the sporting goods departments). Additionally, many health and physical activity promotion programs give pedometers as prizes, rewards, or motivators – just test them out to be sure they're accurate.

Where possible, consider objective evaluations by consumer organizations or sports magazines.² To get you started, here are some of the top-rated pedometers we found from such sources (listed alphabetically, with specific models in parentheses):

- Accusplit (AE 190XLG),³
- Freestyle (Pacer Pro),⁴
- Garmin Forerunner (205),³
- Kenz Liferecorder,⁵
- New Lifestyles (NL-2000),^{3,4}
- Omron (HJ-112; HJ-720ITC),^{3,4,6}
- Sportline (Fitness 360, 330, Talking Safety Alarm),⁴
- Walk4Life (Elite – best for use on treadmill,⁴ LS 2525⁶), and
- Yamax Digiwalker (CW-701; SW-701,SW-200).^{5,6}

Sources:

1. Public Broadcasting and Fenton, M (2002). The 20% boost program: Fit walking into your life. Retrieved October 1, 2004. From <http://www.pbs.org/americaswalking/gear/>.
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3. Consumer Reports (2008). Pedometer ratings [on-line]. Retrieved June 25, 2009. From <http://www.consumerreports.org>.
4. About.com (2009). Top 10 best pedometers [on-line]. Retrieved June 25, 2009. From <http://walking.about.com/od/measure/tp/pedometer.htm>.
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6. About.com (2009). Which pedometer design is best? [on-line]. Retrieved June 25, 2009. From http://walking.about.com/od/pedometer1/ss/pedometerdesign_8.htm.

