Available to borrow:

Check one of these New Lifestyles Digi-Walkers out for the duration of the Step it Up! program at no cost. Limited amount, so first-come, first-served.

The SW-401 pedometer — a NEW-LIFESTYLES exclusive — tracks steps and multiplies them by your stride length to calculate the number of miles you traveled. With the touch of one button, you can alternate between totals for steps and miles. This model accepts stride lengths in increments of .25 feet. It's about 2" x 1 1/2" x 3/4" and weighs less than 3/4 ounce. The SW-401 Pedometer is available in Black or Yellow.

Its internal sensor mechanism uses a coiled spring-suspended lever arm, and therefore it counts best on those who are not overweight or obese and at speeds greater than 2.5 mph. If you are overweight or if you walk at speeds slower than 2.5 mph, then opt for one of the NL-series piezoelectric pedometers (also known as accelerometers).

Available for purchase:

Purchase one of these smart pedometers for $17. Payments can be made at the Cashier’s Office in the Student Services Center. Bring your receipt in to the Employee Wellness office and walk away with your brand new Omron Aerobic Pedometer today!

Measures your steps, moderate steps, minutes walked, calories burned and distance traveled. This simple, highly accurate Omron aerobic pedometer is specially designed for aerobic activity. It separately displays moderate steps and minutes walked at a moderate pace, and gives you a 7-day history of your work so you can easily review a full week of exercise.

Omron aerobic pedometer:

- Resets at midnight automatically so it’s ready to go every morning
- Can be used on hip or belt only
- Omron aerobic pedometer includes battery (CR2032 installed) and one instruction manual
- Large display/Clock
- Weight: 0.27 lbs.