Understanding Pedometer Quality Scale

Precision Measurement Tool

- last at least 5,000,000 steps
- cost $15 or more
- coiled-spring or accelerometer mechanisms
- engineered for value & quality
- examples: NL-800, 1000, 2000, 2160, 2200; SW-200, 401, 651, 700, 701

Promotional Device

- last around 1,000,000 steps
- cost $5 or more
- hairspring mechanism
- engineered for value
- examples: AT-80, 82, 83, 85; SC-01, SC-T2; LS-2500 (Classic), 2505 (Duo), 2515 (Pro), 2525 (Elite); AX120

Low Quality Trinket-Type

- last less than 250,000 steps
- cost less than $5
- hairspring mechanism
- engineered to be cheap
- examples: McDonald's, President's Challenge, SL-330, ProStep

Not recommended. Although their low price is tempting, trinket-type pedometers can act as disincentives and do more harm than good.

10 9 8 7 6 5 4 3 2 1

Precision Measurement Tool — **Promotional Device** — **Low Quality Trinket-Type**

NEW-LIFESTYLES NL-series

Retail from $42.95

	High									Low
RELIABILITY	**10**	9	8	7	6	5	4	3	2	1
ACCURACY	**10**	9	8	7	6	5	4	3	2	1
LONGEVITY	**10**	9	8	7	6	5	4	3	2	1

OVERALL

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Recommended for those who need a highly accurate and reliable pedometer capable of counting steps accurately on normal weight as well as overweight individuals. The NL-series piezoelectric mechanism counts accurately beyond 5 million steps.
Available at new-lifestyles.com.

NEW-LIFESTYLES SW-series

Retail from $16.95

	High									Low
RELIABILITY	10	**9**	8	7	6	5	4	3	2	1
ACCURACY	10	**9**	8	7	6	5	4	3	2	1
LONGEVITY	10	9	**8**	7	6	5	4	3	2	1

OVERALL

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Recommended for those who need a highly accurate, reliable and long-lasting spring-levered pedometer. The SW-series pedometer counts accurately for over 4 million steps. It is the best spring-levered pedometer on the market, but its spring-lever limits its ability to count well on overweight individuals.
Available at new-lifestyles.com.

NEW-LIFESTYLES AT-series

Retail from $9.95

	High									Low
RELIABILITY	10	9	8	7	**6**	5	4	3	2	1
ACCURACY	10	9	8	**7**	6	5	4	3	2	1
LONGEVITY	10	9	8	7	6	5	**4**	3	2	1

OVERALL

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Recommended for those who need promotional pedometers for giveaways or fundraisers or to use in short-term interventions where outcome measures do not require long-lasting accuracy and reliability. The AT-series pedometers count accurately up to 1 million steps.
Available at new-lifestyles.com.

To gain a better understanding of pedometer quality, we suggest reviewing the following research studies.

Crouter, S. E., P. L. Schneider, and D. R. Bassett, Jr. (2005). Spring-Levered versus Piezo-Electric Pedometer Accuracy in Overweight and Obese Adults. Medicine and Science in Sports and Exercise, 37 (10) 1673-1679. **This study compares the Digi-walker and the NL-2000 on those with waists greater than 40 inches, showing how tilt angle affects the accuracy of spring-levered pedometers like the DIGI-WALKER, but not the NL-series' piezo-electric pedometers.**

Schneider, P. L., S. E. Crouter, and David R. Bassett, Jr. (2004). Pedometer Measures of Free-Living Physical Activity: Comparison of 13 Models. Medicine & Science in Sports and Exercise, 36 (2), 331-335. **This study compares 13 pedometers during lifestyle activity over a 24 hour period.**

Schneider, P. L., S. E. Crouter, O. Lukajic, and D. R. Bassett, Jr. (2003). Accuracy and Reliability of 10 Pedometers for Measuring Steps over a 400-m Walk. Medicine and Science in Sports and Exercise, 35 (10), 1779–1784. **This study compares 10 at self-selected speeds around a 400m track.**

Crouter, S. E., P. L. Schneider, M. Karabulut, and D. R. Bassett, Jr. (2003). Validity of 10 Electronic Pedometers for Measuring Steps, Distance, and Energy Cost. Medicine and Science in Sports and Exercise, 35 (8), 1455–1460. **This study compares 10 pedometers on a treadmill at specific speeds.**

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