

# Robic® Pedometers & Step Counters

## Frequently Asked Questions

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**Q: What is the difference between a Step Counter and a Pedometer?**

**A:** A Step and Stride Counter (M-309) simply keeps track of the number of steps taken. A pedometer is used to calculate distance traveled by multiplying your stride length by the number of steps taken.

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**Q: Which is better for me--a Step Counter or a Pedometer?**

**A:** For those of you who seek to know only your step count total, the easiest and best choice is the Robic M-309. If you would like to know your distance traveled, calorie expense and time your exercise, then select the Robic M319, M319-3D or M329 Pedometer.

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**Q: How does a pedometer work?**

**A:** A pedometer has a mechanical counter balance or pendulum type movement which opens & closes a switch counting the steps. As you walk, the natural movement of your hips swings the pedometer back & forth, moving the pendulum.

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**Q: How do I determine my stride length?**

**A:** Walk or run a measured distance and divide the distance by the total number of strides. For example: If it takes 10 strides to cover 25 feet, your stride length is 2.5 feet or 2 feet 6 inches.

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**Q: How do I input my stride length?**

**A:** After you have determined your stride length as explained below, please refer to the directions which came with your pedometer in order to input it.

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**Q: How do I insure the most accurate results with my pedometer?**

**A:** Everyone has a different stride or gait, ie manner of walking, therefore to insure the most accurate results take a few simple rules into account:

- Position the pedometer on your pants or belt near the crease line in your pants.
- Keep the pedometer as level, parallel to the ground, as possible. Do not angle or dangle the pedometer.
- Where the pedometer has a closed cover, always keep the cover closed except when stopped to view the display.
- Never expose your pedometer to dust, rain, humidity, severe shock or submerge it in water.
- A pedometer keeps track of the number of steps taken by having a mechanical counter balance or pendulum type movement which opens and closes a switch counting the steps.