

DETERMINING YOUR STRIDE

In order to accurately determine your distance and pace metrics for our pedometer fitness tracking devices, you will need to input your stride distance as part of the setup process. When you are in "SET" mode, you will be asked for this information in addition to your age, weight and gender to provide the most accurate results.

Please note, if you have set your preferred units to KILOMETERS, you will be asked to provide your stride length in CENTIMETERS, if you have chosen MILES, you will be asked for INCHES.

Here are 3 ways to determine your stride length:

1 MEASURED WALK *(most accurate)*

you'll need: 2 markers, tape measure, calculator

- Place one marker on the floor as a starting line
- Hold other marker in your hand for now
- Place both heels on your starting line and take 10 steps
- Bring your feet together on 10th step and place 2nd marker behind your heels
- Use tape measure to find the distance between the 2 markers
- Use calculator to divide that distance by 10 -- the result is your stride length!

2 ESTIMATION BASED ON HEIGHT

- MEN: multiply your height (cm or in) by 0.415
- WOMEN: multiply your height (cm or in) by 0.413

3 AVERAGE STRIDE LENGTHS *(least accurate)*

If you aren't as concerned with accuracy, or don't like math, you can input these figures as your stride length to get started.

- MEN: 78 cm / 31 in
- WOMEN: 70 cm / 27 in

You should remember that pedometer distances are only an estimation of your actual distance traveled. Your stride throughout the day may vary from your average stride as you walk up or down stairs and hills, changing the calculation.