

HOW MANY MILES/KM EVERY 1000 STEPS

1000 STEPS	2000 STEPS	3000 STEPS	4000 STEPS	5000 STEPS
0.42 MILES 0.68 KM	0.83 MILES 1.34 KM	1.3 MILES 2.1 KM	1.7 MILES 2.7 KM	2.1 MILES 3.4 KM
6000 STEPS	7000 STEPS	8000 STEPS	9000 STEPS	10000 STEPS
2.5 MILES 4 KM	3 MILES 4.8 KM	3.3 MILES 5.3 KM	3.8 MILES 6.1 KM	4.2 MILES 6.8 KM

Approximate distances calculated based on average height, weight, and stride length, at a 3mph or 4.8km/h walking speed, and a pace of 20 minutes per mile or 12 minutes per km. Actual distances will vary for each person.

HOW TO GET THE MOST OUT OF YOUR **3D**FitBud

SET GOALS	BE CONSISTENT	WEAR IT RIGHT	ADD VARIETY
Start with small, achievable goals you can fit into your daily routine and gradually increase the number of steps you take each day.	Use your step counter every day, even if you're not planning on going for a walk. Seeing your accumulated steps for the day will help you stay on track and motivated.	Your step counter has a built-in error prevention feature that works best when it's clipped to your waist. Occasionally do a 50-steps test to see how accurate it is.	The best way to make sure you'll achieve your goals is to add some variety to your walks. Try parking further when you go shopping, visit a park on the weekends, or have a buddy tag along.

For more info visit 3dactive.com