

Using a pedometer ups leisure walking time for older adults

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Compared with time-based physical activity goals, using a pedometer to measure steps increases leisure walking time, even a year after the initial intervention, according to a study published in the May/June issue of the *Annals of Family Medicine*.

end of the intervention there were significant improvements in both groups across all physical activity domains, which were largely maintained after 12 months. [Body mass index](#) did not change in either group, while there were significant improvements in blood pressure in both groups.

"Incorporating pedometers into the Green Prescription is a useful strategy for consideration in [physical activity promotion](#) for older people, and our results suggest that these devices may have a large untapped potential for public health benefit," the authors write.

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(HealthDay) -- Compared with time-based physical activity goals, using a pedometer to measure steps increases leisure walking time, even a year after the initial intervention, according to a study published in the May/June issue of the *Annals of Family Medicine*.

Gregory S. Kolt, Ph.D., of the University of Western Sydney in Australia, and colleagues conducted a randomized, controlled study involving 330 adults aged 65 years and older with low levels of daily activity. Participants were randomly assigned to use a pedometer and step-based physical activity goals (pedometer Green prescription) or time-based physical activity goals (standard Green Prescription) for three months.

Of the 57 percent of participants who completed the intervention, the researchers found that, at 12 months, there was a significant increase in leisure walking time in the [pedometer](#) Green Prescription group versus the standard Green Prescription group (49.6 versus 28.1 minutes per week). At the

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