

# Pedometers

## **Tudor Locke Pedometer Step Guidelines**

For children age 6-12:

12,000 steps/day girls and 15,000 steps/day boys

Rough Step Guidelines for children (age 6-12):

9 km = 15,000 (boys guidelines)

7.5 km = 12,000 steps (girls guidelines)

6 km = 10,000 steps

3 km = 5,000 steps

## **Heart Rate Calculations**

$220 - \text{age} = \text{max HR}$

For example  $220 - 9 = 211$  max HR

High Intensity exercise = 80% of max HR

= 169bpm = 28 beats/10 seconds

Moderate Intensity exercise = 60% of max HR

= 127bpm = 21 beats/10 seconds