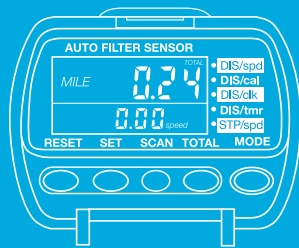



Walking Works
The Blue Program for a Healthier Nebraska



PEDOMETER INSTRUCTIONS

1. Set measurement to "miles" by pressing MODE button.
2. Measure your stride by walking 10 feet and dividing 10 by the number of steps you took.
3. Enter the length of your stride by pressing the MODE button, then press SET button repeatedly until your stride length is reached.
4. Clip the pedometer to you, close to the hip, and close the lid.
5. Start walking