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**Mayo Clinic Medical Edge**

***Pedometers***

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	GETTING KIDS ACTIVE AND MOVING HAS NEVER BEEN MORE IMPORTANT THAN IT IS NOW...
<b>Naim Mitre, M.D.</b>	"20-PERCENT OF KIDS BETWEEN THE AGES OF TWO AND 19 ARE CONSIDERED OVERWEIGHT OR OBESE."
	WHAT DR. NAIM MITRE AND HIS COLLEAGUES AT MAYO CLINIC WANTED TO KNOW WAS WHETHER PEDOMETERS... THOSE STEP-COUNTING DEVICES WERE A HELPFUL TOOL IN MEASURING A

	CHILD'S ACTIVITY LEVELS. IT TURNS OUT THAT MOST KIDS WALK TOO SLOW FOR THOSE PEDOMETERS TO WORK ACCURATELY. AND IF CHILDREN ARE OVERWEIGHT, PEDOMETERS ARE EVEN LESS LIKELY TO BE ACCURATE. WHY?
<b>Dr. Mitre</b>	“PEDOMETERS NEED TO BE VERTICAL TO THE FLOOR. OVERWEIGHT KIDS, BECAUSE THEY HAVE INCREASED ABDOMINAL FAT, WHEN THEY WEAR THE PEDOMETER IT'S TILTED AND DOESN'T COUNT THE STEP.”
	SO WHILE IT'S IMPORTANT TO ENCOURAGE KIDS TO BE MORE ACTIVE, PEDOMETERS MAY NOT BE THE BEST WAY TO KEEP TRACK.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.
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