RFLA Allied Health Team

Lennox & Addington LIBRARIES

Pedometer Lending Library Program

Taking Steps to Improving Health!

For information on the pedometer lending library program, the use of your device, or for more information about walking/physical activity and the role it plays in your health, please contact Katherine Taylor (Registered Kinesiologist) with the RFLA Allied Health Team at 613-449-5678 or katherinet@kchc.ca

INSTRUCTIONS

For more details please see included instructions manual

Set Up and Device Pairing

Your pedometer is compatible with the following smartphone capabilities:

iOS 8.0 & above

Android 4.4 & above

Supports Bluetooth 4.0

1.Download VeryFitPro

Search and download 'VeryFitPro' from the Apple App Store or Android App Store.

2. Product Activation and Installation

The product may be activated by charging before initial use.

Take out: pull open the strap and remove the bracelet body. Please consult the additional instruction manual for more information on how to do this. This process does require a bit of force to pull sideways on the band.

Charge the battery: Insert the chip-mounted end of the bracelet body into the USB to activate the product by charging. Charge the product regularly to ensure normal power supply. When the device is successfully charging an orange/red light will turn on

Installation: Mount the bracelet body back into the slot of the wrist strap

Wear: Adjust the length of the wrist strap until it is appropriate to wear on the wrist.

3. Connect the watch with the app on your cell phone

3. Make sure the Bluetooth of the Smart Phone is ON, Open app 'VeryFitPro". You can sync the band to the phone by tapping the interface screen on the band, and then follow the binding prompts within the app.

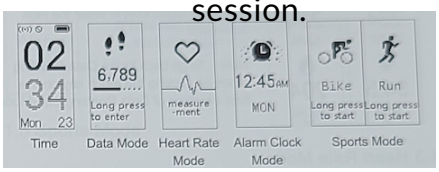
Know your Device

1. Heart Rate Monitoring

To monitor heart rate more accurately, please wear the device on the upper position of your wrist and a bit tighter than usual when you are exercising. If you tap the interface screen 3 times it will take you to the heart rate measuring tool. Hold your finger down on this screen to measure your heart rate.

2. Interface

Tapping the interface screen will also allow you to scroll through various screens that allow you to display time, data, heart rate, alarm clock, sports mode. If you press and hold the touch key in one of the sport modes you can record the time and distance during a single exercise session.



INTRODUCTION

Walking is a great activity to improve your health, so where should you start? It's easy to start taking your first steps towards increasing your daily step count, here are some tips to get you moving!

- Start with a short distance such as walking to the end of your street and back
- Use the stairs instead of an elevator or escalator
- Take some time to walk on your lunch break
- Walk on the spot at home
- Find a walking buddy
- Park your car further away from your destination
- Choose walking whenever possible! Walk to school, to the store, or to the post office, for example!

BENEFITS OF WALKING

There is a lot of research on the health benefits of walking. Canadian Movement Guidelines recommend that adults achieve at least 150 minutes of moderate to vigorous aerobic physical activities. A brisk 30-minute walk 5 times per week fits this criteria. When you are using your pedometer to count your steps, you should be a little out of breath or have some difficulty engaging in a conversation. But why are these things important? Here are some of the health benefits commonly associated with walking for exercise:

- Lowering your blood pressure
- Strengthen your bones and muscles
- Decrease your risk of developing metabolic diseases like heart disease, type 2 diabetes or stroke
- Healthy weight management
- Release of endorphins which increases mood and reduces pain

STEP COUNT

So how many steps should you be taking? Setting a daily step goal can help you to gradually increase your daily step count. Using a pedometer is a great tool that allows you to see your progress and will help to keep you on track to reaching your step count goals! Keeping a walking log is another great way to keep on track to reaching your step count goals. Every step you take throughout your day contributes to your daily step count!

Here are some recommended targets to work towards as you increase your physical activity:

Less than 5000 steps/day	This number of steps will not bring upon many health benefits for you
5000-7499 steps/day	Low active
7500-9999 steps/day	Somewhat active
10 000+ steps/day	Very active

WHAT MAKES AN EFFECTIVE GOAL?

- It should be important to you
- Needs to be realistic
- Should allow you to track progress

GOAL SETTING

It may be beneficial to set two goals each week; one might be used when you feel like you want to challenge yourself a little extra while the other might be better suited for when you might not have as much time to work towards it but would still like to achieve a goal. Setting two goals will give you freedom and choice as you work towards getting that step count up. If the primary goal that you set seems a bit out of reach part way through the week, you can always switch gears to work towards your secondary goal. It is important to recognize that your goals can and likely will change as you get more comfortable with setting goals and knowing how pedometer use can be incorporated into your life. You can use the log sheet below to keep track of your progress as well as for goal setting. Having your goals written down will be a good visual reminder of what you are working towards and what you have already accomplished.

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LOG SHEETS

Month: _____ Monthly Total: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total

My Goals:

Week 1	Week 2	Week 3	Week 4

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Trails to Try

- Napanee Boardwalk: A 0.75 km leisurely accessible waterfront trail from Springside Park to Conservation Park
  - 8460 2, Greater Napanee, ON
- Menzel Centennial: a 3.5 kilometer lightly trafficked out and back trail located near Greater Napanee
  - on Roblin Road
- Haley Lake: a 3.5 km trail with a challenging terrain just north of the Dark Sky viewing area
  - Sheffield Conservation Area, Lennox and Addington County Rd 41, Erinsville, ON K0K 2A0
- Belleville Waterfront Trail
  - Runs from the Quinte Rowing Club (35 Keegan Pkwy, Belleville, ON K8N 5R1) to Westgate Lodge (37 Wilkie St., Belleville, ON K8P 4E4)
- Potter's Creek Loop Trail
  - 260 1, Cannifton, ON K0K 1K0
- Frink Conservation Area
  - 381 Thrasher Rd, Plainfield, ON K0K 2V0
- Vanderwater Conservation Area
  - 512 Vanderwater Rd, Thomasburg, ON K0K 3H0
- Little Cataraqui Creek Conservation Area
  - 1641 Perth Rd, Glenburnie, ON K0H 1S0
- Parrott's Bay Conservation Area
  - 4976 Bath Rd, Odessa, ON K0H 2H0
- Lemoine Point Conservation Area
  - 1440 Coverdale Dr, Kingston, ON
- Macaulay Mountain Conservation Area
  - Clarke Rd, Prince Edward, ON
- Massassauga Point Conservation Area
  - Massassauga Road, Belleville, Ontario

Your library card gives you access to Ontario Provincial Park Day Passes! Some Provincial Park locations & the driving distance from the Napanee Library:

- Sandbanks Provincial Park (3004 County Rd 12, Picton, ON K0K 2T0)
  - 47 mins (51.9km)
- Presqu'ile Provincial Park 328 (Presqu'Ile Pkwy, Brighton, ON K0K 1H0)
  - 56 mins (82.0km)
- Frontenac Provincial Park (6700 Salmon Lake Rd, Sydenham, ON K0H 2T0)
  - 50 mins (52.3km)
- Ferris Provincial Park (474 County Rd 8, Campbellford, ON K0L 1L0)
  - 1h 3mins (81.9km)
- Bon Echo Provincial Park (16151 Hwy 41, Cloyne, ON K0H 1K0)
  - 1h 4mins (81.8km)

Survey

You are invited to participate in an online questionnaire being administered by the RFLA Allied Health Team. We are working to find out more about the assets and needs of the Napanee community and surrounding areas. The goal of our community-based project is to use the information that we learn from you to help develop programs that may address some of the problems that you experience in seeking to maintain a healthier way of life. We would like to ask you a series of questions about what you see as the barriers or facilitators of running a pedometer lending program through a library. Once the survey is completed you can return it with your pedometer to the library.

What gender do identify as?
- Woman
- Man
- Other (Please Specify) _____

What is your age?
- Under 18
- 18-29
- 30-49
- 50-69
- 70 or above

Do you identify as someone with a disability?
- Yes (Please describe briefly)

_____

- No

Before you borrowed the pedometer from the library, how many days per week did you typically walk?
- Walked 0-2 days per week
- Walked 3-5 days per week
- Walked 6-7 days per week

When you borrowed the pedometer, how long did you borrow it for?
- Under a week
- One week to two weeks
- Three weeks to a month
- Over a month

How many days each week did you use it for counting steps?
- 0-2 days
- 3-5 days
- 6+ days

What time of day did you typically wear the pedometer?
- Morning
- Afternoon
- Night
- At all times

Survey

Using a pedometer made me increase my daily physical activity levels.

Strongly DISAGREE Disagree Agree Strongly AGREE

I feel confident that I can keep up my increased daily physical activity levels after returning the pedometer and information package.

Strongly DISAGREE Disagree Agree Strongly AGREE

I enjoy being able to track my daily step count through the use of a pedometer.

Strongly DISAGREE Disagree Agree Strongly AGREE

I would like to use a pedometer again in the future to track my physical activity.

Strongly DISAGREE Disagree Agree Strongly AGREE

The pedometer lending library program provided by the RFLA Allied Health Team was easy to access and use.

Strongly DISAGREE Disagree Agree Strongly AGREE

Which aspect(s) of the information package did you find useful/informative? (Select all that apply)

- Benefits of Walking
- Trails to Try
- Goal Setting
- Log Sheets
- Pedometer Instructions

Were there any aspects of the information package that you disliked or thought needed improvement? Please provide feedback in the lines below. (Select all that apply)

- Benefits of Walking
- Trails to Try
- Goal Setting
- Log Sheets
- Pedometer Instructions

_____

_____

_____

Did you try any of the trails suggested in the information package? If yes, please list them and describe your experiences. (Was the trail enjoyable? Was the trail easy to find and use?)

_____

_____

Survey

Do you have any additional feedback about the pedometer information package or the use of the device that would help improve user experience?

_____
_____
_____
_____

THANK YOU FOR YOUR PARTICIPATION!