

# Moderate Intensity Exercise

By [Mary\\_RD](#) on Jul 09, 2009 12:00 PM in [Dieting & You](#)

You've read the recommendations:

*Engage in moderate intensity cardiovascular exercise for at least 30-minutes on most days or 150-minutes a week*

But what is moderate intensity exercise?

That question was recently answered by researchers at San Diego State University. In looking ways to make the pedometer useful for assessing exercise intensity, they found that *walking at least 100 steps per minute* meets the criteria for moderate intensity exercise. That translates into 3,000 steps in 30 minutes on a flat surface.

## The Magic Number

Exercise scientists typically measure oxygen intake per minute in people working out. Oxygen uptake increases when the metabolic cost of an exercise is high. (It's a fancy way to say the work is harder.) This process is expressed as a MET (Metabolic Equivalent of Task), which is a comparison of the metabolic cost of an activity to the metabolic cost of rest. For instance, the Basal Metabolic Rate, the calories burned to keep you alive - not calling for much oxygen, comes in at MET 1, whereas running madly at 10 mph has a MET rate of 18. The San Diego State scientists figured that a MET rate of 3 accounted for the oxygen uptake needed for 'moderate' activity. MET 3 is like walking 3 miles per hour.

## Back to the Pedometer

Many people wear pedometers when they walk to count steps and measure distance. Pedometers are popular and easy to use but they do not address exercise intensity. Furthermore, for a pedometer to be accurate it must be worn vertically hooked to the waistband directly above the hip, and for distance accuracy, the stride length must be set. The best way to measure stride is to step into a puddle, walk and leave footprints, and then measure the distance from the heel of one foot to the heel of the other.

## Not So Fast

Do not confuse time-limited exercise at a moderate intensity level with having an overall Moderate Level of Activity. When 3,000 steps in 30 minutes is coupled with a desk job, the overall activity level is Light at best. Calculate your [Daily Calorie Expenditure](#) at Calorie Count.

And finally, many people are quite out-of-shape. They are easily winded and reach maximum exertion with much less than 100 steps per minute. If that is you, downgrade your speed and train to go into training. It is always safe to get medical clearance before you start to exercise.

Journal reference:

Simon J. Marshall et al. [Translating Physical Activity Recommendations into a Pedometer-Based Step Goal: 3000 Steps in 30 Minutes](#). *American Journal of Preventive Medicine*, Volume 36, Issue 5 (May 2009)

## Top 10 Best Pedometers

<http://walking.about.com/od/measure/tp/pedometer.htm>

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What is the best pedometer? Pedometers count steps. Step counting is a great way to keep active, aiming to increase your steps by 2000 per day towards a goal of 10,000 steps per day. The best pedometers can calculate and display other interesting stats such as distance, calories burned, speed, elapsed time, steps per minute, and function as a stopwatch and alarm. Some pedometers have fancy features such as talking, playing music or reading your heart rate.

## 1. Omron HJ-112 Pedometer



Wendy Bumgardner © 2007

This advanced design lets you wear it on your belt or carry it in your pocket, clip it to your bra, or wear it anywhere it is perpendicular to the ground. The Omron HJ-112 counts steps, calculates distance and calories burned. It also tracks aerobic steps separately when walking or jogging more than 60 steps per minute or more than 10 minutes continuously. The Omron HJ-112 has a 7-day memory, a feature I prize greatly. It is absolutely silent - no clicking or rattling! It comes with a security leash to ensure you don't lose it. It is top rated for accuracy by a consumer magazine.

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## 2. Yamax Digiwalker CW-701 Pedometer



Wendy Bumgardner ©

The CW-701 is the update to the highly-accurate SW-701. Beyond step counting, it displays distance, calories burned, clock and activity time. Yamax beefed up the mechanism with a long-lasting spring coil and heavy coated pendulum, which they claim improves accuracy 2.5% over the SW models. The belt clip is now made of sturdy metal. But the biggest change is in the display, with two lines to show multiple data. It now has a 7-day daily memory for steps, distance, calories, and activity time. It keeps a 2-week total for each as well. This is a great upgrade.

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## 3. Omron HJ-720 ITC Pedometer



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The Omron HJ-720ITC Pedometer Pedometer is a full-featured pedometer (steps, distance, calories) that also allows you to upload it all to enjoy graphs and charts of steps, aerobic steps, distance, calories and fat burned. The pedometer is of an advanced design that tolerates more tilt than many. It is also absolutely silent and very accurate. For the same price as other advanced pedometers, you also upload the data to your own computer to set your goals and see your progress. You keep the data on your own computer, rather than uploading it to a web site as with some other pedometers.

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## 4. New-Lifestyles NL-2000 Pedometer



*Wendy Bumgardner ©*

A great pedometer for those who want to count steps and estimate calories burned. The automatic seven day memory helps you track your walking. It ranked tops for accuracy both for tracking daily step counts and for walking on a treadmill.

[Vendor's Site](#)[Read Review](#)

## 5. Yamax® Digi-Walker™ SW-200 Pedometer



*Photo courtesy of Pricegrabber*

It only counts steps, but is considered the gold standard by pedometer researchers who use it as their most accurate reference. You can't go wrong - there is only a reset button.

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## 6. Sportline Fitness Pedometer 360



*Sportline 360 Pedometer*

Loaded with features yet it is small, quiet, and accurate. The dual-line display shows distance and the other data - steps, calories, speed, steps-per-minute, time of day. It times your workout and can display the total for the past 7 days. The clip holds it securely to your belt, better than some models. The flip case protects the buttons.

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## 7. Sportline Pedometer 330



*Courtesy of Pricegrabber*

Only counts steps, for a very inexpensive price. Perfect for those who want to count their steps each day with a small investment. Cover prevents you from accidentally resetting it. Rated tops for accuracy and reliability.

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## 8. Walk4Life Elite Pedometer

An excellent multi-function pedometer to count steps and walking time, and calculate calories burned and distance. Was shown to be 99% accurate in counting steps on a treadmill, less so for wearing all day.

[Manufacturer's Site](#)[Read Review](#)

## 9. Freestyle Pacer Pro Pedometer



© Wendy Bumgardner

It's tiny, it's quiet, and I found it to be quite accurate. This pedometer counts steps, measures time spent exercising, calculates distance and calories and speed. It has a flip case to prevent pushing buttons accidentally.

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## 10. Sportline Talking Safety Alarm Pedometer



© Pricegrabber

Don't want to look at your pedometer? The Voice Announcement speaks your calories burned, number of steps taken, distance traveled and total time. Set the Auto Voice Announcement and the pedometer speaks the numbers displayed on the LCD once you reach your programmed goal. If you need to sound the alarm, pull the pin and the personal safety alarm blares out a loud alarm siren. I liked this unit for the big numbers and loud-enough voice announcement.

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## **Benefit From 10 Minute Workouts**

You may have heard that shorter workouts done throughout the day are just as effective at burning calories as one, longer workout. That's great, but it's confusing trying to figure out how to change your longer workouts into shorter ones. If you only have 10 or 15 minutes at a time, how long should your warm up be? What exercises should you do? How can you keep the intensity up to get an effective workout?

When it comes to cardio, there are number of ways you can work hard in the time you have. The key is to make the workouts intense. If you only have 10 minutes, you want to work as hard as you can in those 10 minutes. If you can find 10 minutes 3 times a day, you can get in a great workout.