



Louisville Center for Weight Loss

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Louisville Center for Weight Loss pedometers and water bottles now available!

Pedometers count the number of steps you take everyday, and we encourage you to use one. The first day just do your normal activities and see how many steps you take. After that try and increase the number of steps you take gradually each day. You may want to keep a log of how many steps you take each day. You can measure the length of your normal walking stride by taking a step and use a yard stick to measure the distance between your feet. Multiply this times your steps, and divide by 5280 feet per mile to see how many miles you walk each day. Press the reset button on the pedometer each morning to start over.

We suggest you fill your water bottles with ice water, as it has negative calories. Your body has to burn calories to warm the ice water to body temperature. A calorie is a measure of heat energy.

Pedometers are available for \$2, water bottles are \$1. Get one for free if you lose ten pounds or more!