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A pedometer is a battery-operated device that measures and records the Each step was registered Catrine. Manpo-Kei: The Art and Science of Step

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Originating in Japan but in recent years made popular by Dr. Catrine Tudor-Locke, author of Manpo-Kei: The Art and Science of Step Counting,

Adapted from

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Walk it off | prevention

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Pedometer references - wellness.com

Pedometer References: bibliography - Aittasalo M, Miilunpalo S, Kukkonen-Harjula K, et al. Tudor-Locke, Catrine. Manpo-Kei: The Art and Science of Step

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Tudor-Locke C. Manpo-kei: the art and science of step counting. Department of Health and Exercise Science, University of Tennessee, Knoxville, Tennessee, USA

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