Purchase a Pedometer

Wearing a pedometer (a small step counter worn at the waist) provides motivation, and can help you set and monitor a daily step goal. Pedometers also show you how much -- or how little -- physical activity you are getting just by walking throughout the day.

Be Well at Work – Wellness Program sells Accusplit AE2720STEP pedometers at cost for $7.00 to UC Berkeley faculty and staff (this price includes tax and is more than half off the retail price).

The pedometer comes with a clip and leash to attach to your waistband, and is one of the most accurate pedometers on the market today.

To purchase a pedometer:

Contact Health*Matters to schedule a time to stop by the office (appointment required) at (510) 643-4646 or hmatters@uhs.berkeley.edu.

Please note: purchases are made by cash or check only (made out to UC Regents).