



LIVERPOOL A TO Z TEAM STEP CHALLENGE

How to count your steps

in association with:



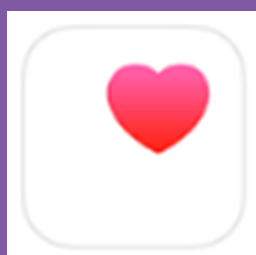
supported by:



Liverpool
City Council

Using your phone

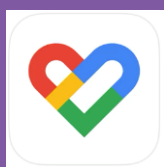
There are hundreds of apps to choose from to download on your phone to count how many steps you do, providing that you keep your phone on you all day to give an accurate reading.



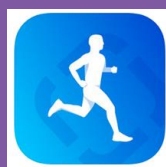
Health app
(iPhone)



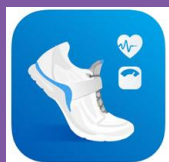
Samsung Health



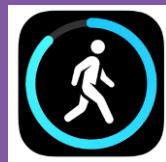
Google Fit



Runtastic



Pacer



StepsApp

Pre-installed apps

Some phones (e.g. iPhones and Samsung phones) include pre-installed apps that will do the job for you, but you might just need to open the app and authorise it first.

Download an app

You can also search "step counter" in your app store to find free/paid apps that count your steps*

* as with any app that you download, please be vigilant and double check whether there are any costs involved, whether the app is from a reputable provider and to read the app's privacy policy. If you are using a device that does not belong to you (e.g. belongs to your employer) then please check with the owner before downloading and using.

Using a wearable device

If you're not able to have your phone on you whilst at work, you could invest in a wearable device that you put on your wrist, clip on your belt or wear over your chest.



Well known brands include Fitbit, Apple Watch and Garmin, but cheaper alternatives are available.



You can also pick up a basic pedometer from most supermarkets for a couple of pounds.