Pedometer.com

Pedometer Engines- Accelerometer

What is an Accelerometer? What is an Accelerometer Pedometer?

WHY IS IT A BETTER THAN A REGULAR PEDOMETER?

The following are some of the most significant reasons for purchasing an accelerometer pedometer instead of a traditional pedometer:

Accelerometers are one of the newest tools in fitness and wellness. Accelerometers provide a more “intelligent” technology. Pedometers react to vertical acceleration… whereas, an accelerometer measures vertical acceleration.

Accelerometers are more accurate for the following reason: The angle for which an accelerometer needs to be placed on the body is much more forgiving. Therefore, people that are overweight, obese, wear loose clothing, or simply are not careful when putting it on… will still get accurate measurements (with a pedometer you would have to make sure it was on correctly to get the most accurate readings). For me, this is the most important reason to purchase an accelerometer over a pedometer.

Accelerometers, are silent. You won’t hear the inside components “clicking” every-time you take a step.

Quality accelerometer pedometers use validated algorithms to calculate steps, miles, calories, and activity time. As a result, the accuracy level of each of those measurements will be more accurate when using an accelerometer.

Accelerometers require more battery power than pedometers… some accelerometers will have a sleep mode that will save battery power. This depends on the manufacturer and type of accelerometer used.

Accelerometers will tend to last longer than pedometers due to the differing inside components.

Posted on April 27, 2013 by James Fogarty