

You want to know whether you are sufficiently active...



Test yourself with the pedometer!

The pedometer is a device which counts your daily steps. Walking 10'000 steps a day (roughly 8km) can help you to keep fit, without the need for additional exercise.

10'000 steps may seem like a lot, but most of us walk between 4'000 and 10'000 steps a day without realising it!



You are welcome to come and borrow* a pedometer for 1 or 2 weeks from the Medical Service at the Infirmary (bld 57). Call us on 73802 or send us an email to reserve a pedometer: infirmary.service@cern.ch

Once you return the pedometer, you have the possibility of a medical check-up with a nurse.

* A deposit of CHF 60 (€ 50) is required which will be reimbursed when the pedometer is returned.

< 5000 steps/day	You need to increase your physical activity. Why not walk to the CERN restaurant 2 x week?
5'000 < steps/day < 7'499	You're moving, it's good, but you can do better. Climb the stairs regularly to increase your activity.
7'500 < steps/day < 9'999	Well done! You have already attained a good level of physical activity. How about getting off the bus one stop early and walking?
> 10'000 steps/day	Excellent! Continue at this pace to keep in shape!

