Validity Of The Walk4life™ Pedometer Based On Self-Reported MVPA
Purpose

To examine the relationship between two similar but different pedometers (Walk4Life™ and Accusplit Eagle 120 XL;AE) and SRPA data during a 7-day period in women being observed for musculoskeletal injuries in a prospective observational study.
Results

Steps: Accusplit vs. W4L™

Pedometer Steps

Average Weekly Steps

AE SD=21,834,  W4L SD=20,993, a 175±9,600

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Conclusion

The Walk4Life™ MVP pedometer appears to validly record steps and MVPA minutes when used at the group level. Careful pedometer placement and confirmation of steps should be monitored if individual results are to be utilized as is the case in all pedometer use. The Walk4Life™ MVP pedometer appears to be an inexpensive, valid alternative to more expensive accelerometers and pedometers.