

# Pedometers / Accelerometers

N=915  
children (age  
6-11)

- $\geq 6,500$  to  $\geq 10,500$  steps/day (censored) and from  $\geq 8,500$  to  $\geq 13,500$  steps/day

N=1302  
adolescents  
(age 12-17)

- $\geq 7,500$  to 11,500 steps/day (censored) and from  $\geq 10,500$  to 14,000

*9000 steps per day*

Adams, M., Johnson, W., & Tudor-Locke, C. (2013). Steps/day translation of the moderate-to-vigorous physical activity guideline for children and adolescents. *The International Journal of Behavioral Nutrition and Physical Activity*, 10, 49. Retrieved from <http://doi.org/10.1186/1479-5868-10-49>.