Background:
Fitness and health variables were measured in 128 sedentary men and women randomly assigned to 6 months of fitness training (F), a walking program (W), or a control (C) group.

Methods:
The F program gradually increased volume and intensity until 4 d/wk of training, at 70% of peak VO$_2$ for 43 min/session was prescribed while the W group performed daily walking monitored with pedometers and increased until 10,000 steps×d$^{-1}$ were prescribed. Total weekly energy expenditure was matched between the activity groups. The control group was asked to maintain their usual activity.

Results:
Body mass, waist circumference, waist/hip ratio, resting HR were reduced in all groups after 6 months ($P < .05$). Fasting glucose, glucose tolerance, and total cholesterol were similarly improved in all groups ($P < .05$). Blood pressure and HR decreased during submaximal exercise in all groups ($P < .05$) but rating of perceived exertion (RPE) was decreased only in the F group ($P < .05$). Only the F participants showed a significant increase in ventilatory threshold (VT; -15%) and peak VO$_2$ (~9%) after 6 months.

Conclusions:
Supervised fitness training in previously sedentary adults produced greater improvements in submaximal RPE, BP$_{sys}$, VT, and peak VO$_2$ but not other fitness and health-related variables compared with a pedometer-based walking program matched
Energy expenditure comparison between walking and running in average fitness individuals, Journal of Strength and Conditioning Research, US National Library of Medicine, National Institutes of Health. https://www.ncbi.nlm.nih.gov/pubmed/22446673. Six-Minute Walking Distance Correlated with Memory and Brain Volume in Older Adults with Mild Cognitive Impairment: A Voxel-Based Morphometry Study, Dementia and Geriatric Cognitive Disorders Extra, US National Library of Medicine, National Institutes of Health. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3776400/. Physical Fitness Stack Exchange is a question and answer site for physical fitness professionals, athletes, trainers, and those providing health-related needs. It only takes a minute to sign up. Sign up to join this community. Anybody can ask a question. How can I convert pedometer steps to calories burned? Can anybody explain this to me? I know there is a lot of variables (sex, age, weight), but, I don't know the heart rate. Then multiply the result by the total time walked. Still without data from an ECG and face mask based gas analyzers there aren't any accurate equations. If you can guess the duration of your daily walks you could simply use the MET formula to estimate the calories, which will produce a number in the same ballpark as a pedometer based estimate. Background: Walking can improve functional status, and a pedometer and goal setting can increase walking and, potentially, gait speed. The efficacy of pedometer use and goal setting for increasing step counts among overweight and obese adults with multiple comorbid conditions has not been evaluated. Walking steps were the primary outcome of interest, with comparison between the immediate pedometer group and the delayed pedometer group. Walking steps and functional status were obtained at baseline and at follow-up visits. The study power calculation was based on 100 participants to be randomly assigned into the immediate pedometer group (n=50) and delayed pedometer group (n=50). Pedometer-based walking programs focusing on total accumulated step counts are just as effective at increasing moderate intensity bouts of exercise as programs with more structured goals. Omron Pedometer and Motivational Web Site. The study participants were all given an Omron pedometer that uploaded to a website to track their steps and give them goals to achieve. The Omron pedometer tracks both total daily steps and aerobic walking time and aerobic steps. Using a computerized pedometer is a convenient way to track walking activity. Computer-Linked Pedometers. Pedometers are Great Nags. A re for total energy cost.

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