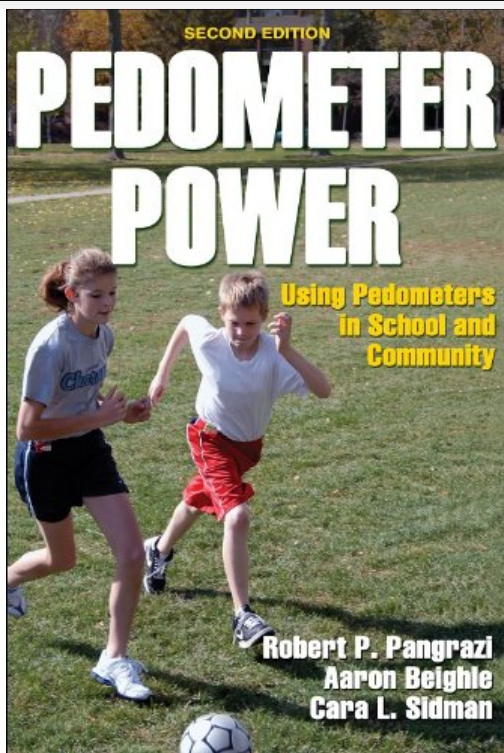


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### Book Synopsis

Pedometers motivate and help students learn about the many aspects of monitoring physical activity and the value of maintaining an active lifestyle. This work offers activities to motivate participants to become more physically active. It helps readers apply technology, improve teaching and facilitate accountability in real-life situations.

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