

Study: Most pedometer readings inaccurate

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Belgium researchers say they tested nearly 1,000 pedometers and discovered most of the devices produce inaccurate readings.

Many people use pedometers -- which track the number of steps a person takes -- to track exercise levels. But in their study, Ghent University researchers found three of every four gadgets were more than 10 percent wrong in their measurements, with more than 33 percent pedometers giving readings more than 50 percent inaccurate, the BBC reported.

Scientists were quick to note the study does not mean pedometers are useless. Not only do they get people interested in exercising but also provide an easy way to measure exercise levels.

The BBC says researchers suggest people not rely on cheap pedometers.

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