

Fit What???

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As a twenty six year veteran of the fitness industry I have seen all of the latest and greatest fitness gadgets; from the thigh master to the ab cruncher, to be honest they leave me a little leery! So, this generation is all about fitness trackers. Again, a little skeptical but at the same time curious! So I had to see for myself. I went out and bought one (at \$170). After I figured out how to program and sync it to my computer and phone I was all set. Being a fitness professional I was surprised at the calorie allotment it gave me (after I put in my desired weight), I would definitely be starving while wearing this! The exercise tracking, including calories burned and tracking of miles with cueing while I ran was pretty cool. Cheering me on as I reached each mile. There are other great features such as heart rate, time of day and even a silent alarm that vibrates on my wrist (which my husband appreciates when I get up at the crack of dawn without waking him!), and let's not forget the feature that tells you how much sleep you got the night before and if you woke up and how many times (not sure I need any one to tell me I should feel like the walking dead after only getting five hours of interrupted sleep, (but to each his own).

Ultimately, what I was most impressed with were two features. The feature that tracks how many steps you take in a day. The standard number being 10,000. As a trainer on my feet all day this was a piece of cake (no pun intended!), however take a day off and see what happens! Taking a day off from exercise and spending most of the day in my office I was surprised that I barely hit 4,000 steps, a far cry from the 17,000 steps I hit the day before! So what does that say to the professionals who spend most of their time behind a desk, or traveling in a car? It was a huge light bulb moment for me when I realized that most people would struggle to get to 5,000 steps and I can only imagine what they would get for calorie allotment!

The second feature I liked was that you could add friends to your device! Who isn't up for a little friendly competition? It was extremely motivating, although I did have to resist the urge to put it on my dog when a fellow competitor "out stepped me"!

Bottom line none of these devices will make you fit and most of them are at best moderately accurate. If you're looking to make changes, join a gym, hire a nutritionist or go for a jog! However if you spend most of your day sitting and would be motivated to move more by tracking your steps this is definitely a fun way to do it, just keep it off your dog!