



Should You Score a FITNESS TRACKER?



This wearable technology could get you moving

With 1 in 10 U.S. adults owning a fitness tracker, you may be wondering if you should join the trend. Wearable devices like those made by Fitbit, Jawbone, and Garmin can track everything from steps taken and time spent sitting to calories burned and quality of sleep. Some early research suggests that people who wear fitness trackers are more active.

3 Here are three ways a fitness tracker might help you get moving. You'll also find tips on how to get the most out of your device.

1

ASSESS HOW ACTIVE YOU ARE

A key sign of how active you are is how many steps you take each day. In addition to counting your foot-steps, most trackers can follow other activities as well, such as aerobics and biking, and tell you approximately how many calories you burn daily.

TIP: Establish your baseline activity level by following your typical schedule the first week you wear a device. This gives you something to build on when planning your goals.

2

TRACK YOUR PROGRESS

A fundamental principle of goal-setting is that goals should be specific and measurable. The data a tracker gathers can help you set realistic goals. It also keeps you on track with lights and sounds signifying levels of progress and completion.

TIP: Most trackers come with a preset goal of 10,000 daily steps. You can change the number of steps or set the goal to distance or calories burned. Pick a goal that works for you.

3

STAY MOTIVATED

For many people, getting continuous feedback from the convenience of a fitness device and a special "You did it!" signal when they reach a goal keeps them going. In one study, many felt it made them more aware of their health and that the data it produced was empowering.

TIP: Be warned, a fitness tracker can bring out your inner competitor! Different trackers offer ways to take part in challenges and share achievements through social media.

87% of fitness tracker owners said the device helps them be more active, according to a study from the Consumer Electronics Association.

