Whether you are looking to count your daily steps, keep track of your sleep habits or see how many calories you burn in a workout, there are many devices out there for people of all fitness levels.

If you have ever thought about purchasing a wearable wellness device, you may have some questions or concerns, such as:

**How will it benefit me?**

**How will I choose the right tracker for me?**

**How do I make it work for ME?**

Here are some benefits and tips to using a fitness tracker:

**BENEFITS TO THE USER**

1. **Accountability.** Most people enjoy a little healthy competition and some trackers allow you to challenge a friend to a workout and post your planned exercise to keep yourself accountable to your plan!

2. **Motivation.** The visual progress you see as you log your time moving and steps taken during the day can be a great motivator! On average, it is recommended that we take 10,000 steps per day and these trackers can help you do that.

3. **Healthy Eating.** We all know living a healthy lifestyle involves both regular activity and a healthy diet and some trackers offer a fuel or food log to help you keep track of the quantity and quality of your everyday fuel.

4. **Goal Setting.** One of the key features of fitness trackers is the ability to set goals and achieve them. Goal setting keeps you focused on progress. It’s the difference between wanting to be fit, and actively engaging in a plan to live a fit and active lifestyle.

5. **Tracking your Z’s.** Many trackers can track your sleep patterns. Did you know that the quality of your sleep has an impact on your metabolism, mood, exercise, and eating habits? Seeing your daily steps and possibly seeing poor sleep quality could help inspire you to make changes to your sleep habits, which can improve your entire life performance!
CHOOSING THE RIGHT TRACKER
When it comes to fitness trackers, there’s something for everyone on the market—it’s just about finding the right one for YOU. Choosing the right fitness tracker depends on many factors. Here are some tips to help you choose the right fitness tracker:

• **There are trackers out there that can track anything from steps, miles, calories burned, heart rate, sleep, and food intake.** This list will continue to grow as technology keeps updating. Make sure you know what you want your device to track.

• **The main goal is to get a device that will work with you and your goals.** Are you using it to walk 10,000 steps, to train for a marathon, will you be using it to swim? In that case, is it waterproof?

• **Ask questions when you are shopping.** Tell the salesperson what you are looking for, what you are expecting your new device to do for you, and what your price range is.

• **Do your research on how to use the device you want.** Make sure it is something that will work for you. Is it too difficult to work with? Or maybe you need one that has more capabilities to it.

MAKING IT WORK FOR YOU

1. **Try it on for size.** Wear your device for a week and do what you normally do to get an idea of where you are starting. Knowing your baseline is your first step toward improving it.

2. **YOU set the goal.** Set a reasonable goal. Your fitness device might have a default goal, but you can set your own personal goals! For example, if your baseline is 3,500 steps a day, a goal of 10,000 steps may be too high. Instead, add 200 to 300 steps a day to increase your week’s total by 2,000. That’s an increase of about a mile a week.

3. **Get the message.** Your tracker gives you feedback on your activity. This is how your tracker reinforces good behavior and keep driving you forward. Pay attention to how the numbers make you feel. On a day when you walk 1,000 more steps than usual, you may notice you feel great.

4. **Transform wasted time.** Try to change wasted time into steps. Once you’re aware of your steps, the most inactive parts of your day become opportunities. You can check out some of the personal charts and graphs provided on your device’s app or website. Some charts may show your activity throughout the day, showing you times when you are very inactive. Use this information to motivate you to work in a little activity. For example, on hold with customer service? Pace your house. Waiting for your kid to get out of violin class? Walk instead of sitting. Watching TV? Use the commercial breaks to fit in some activity.

5. **Write it down.** If you have a goal of losing weight, it’s important to keep other factors in mind. Your tracker may not track all the healthy habits that will help you reach your goal, such as your sleeping and eating habits. If you need to, track your food intake and sleeping habits separately. This can help you find the connection between all of your habits and you can start making positive lifestyle changes in all areas.

For more information visit:
www.webmd.com
www.livescience.com
www.horizonfitness.com