Exercise and Technology

Technology can track your activity, can teach you knew moves, can give you great music, keep you organized and help to motivate you. But like everything else—you have to use it on a regular basis for success.

Fitness Activity Trackers

Fitness Activity Trackers continue to improve—they are a very sophisticated pedometer with an accelerometer. I’m not much for scientific explanations—just trust me that an accelerometer is very valid at measuring walking and running activities but not upper body (like weightlifting or housework) or ellipticals or bicycling. Most can also tell you about your sleep patterns. Research has shown that people that wear one MOVE MORE—and that is what we want. Sitting is being described as the “new smoking” so this can motivate yourself to get up and move. Most of them connect to your smart phone and give very interesting graphs, etc. PC Magazine has 2 great articles:

How to Choose the Right Activity Tracker  http://www.pcmag.com/article2/0,2817,2458147,00.asp
The Best Activity Trackers for Fitness  http://www.pcmag.com/article2/0,2817,2458147,00.asp

Fitness and Nutrition Apps

A smartphone can be very helpful in tracking your fitness and nutrition goals. If you are social, there are apps that connect you with a community of people; some add competition and many can help to motivate you. Just typing in Fitness in your app store will give you many options so if you are easily frustrated with technology, asking a friend may be a better choice. Your smartphone is also an accelerometer but this can quickly drain your battery and not many of us carry our phone on our person daily. If you are thinking of buying a Fitness Activity Tracker you might check to see if it will integrate with your fitness app. If you have a specific goal such as running a 5K or having a home Yoga routine, do an internet search on the specifics to get a shorter list of Apps. Here is a review of some of the Health and Fitness Apps that are available:

http://greatist.com/fitness/best-health-fitness-apps
http://www.digitaltrends.com/sports/best-fitness-apps-for-android/

To be effective, technology must be used frequently (just like the exercise itself). Use it to your advantage!