

## Tech Trends: Use Gadgets to Get Fit and Stay Fit

**Love technology? There are hundreds of tech tools and gadgets to keep you healthy, from smartphone apps to advanced heart rate monitors.**

Health and wellness technology has come a long way since the pedometer was invented. There are gadgets galore to help you get in shape and stay in shape. Need help finding the one that's right for you? We have some suggestions:

### **Grab Your Smartphone**

Most iPhones come with Nike+ software that can track your workouts and offer encouragements. Many other programs, such as Calorie Counter and AllSports GPS, work on Android and other smartphone platforms.

### **Download Your Apps**

Ask your friends or a personal trainer at your local gym which apps they recommend. Or browse your app store for the most highly rated fitness programs. It's always best to talk to your doctor before trying any new fitness program.

### **Google Your Goals**

Even if you don't have a smartphone or tablet, you can still find great tools online, from message boards to weight tracking tools to workout videos. Some sites even link your activity to Facebook and Twitter so you can share your progress and increase your accountability.

It's important that the information you find is both safe and reliable. Government-sponsored sites are almost always a good bet. When in doubt, ask your doctor or a fitness expert for guidance.

### **Track Your Heart Rate**

Checking your heart rate at a glance can help you to maintain proper intensity and avoid overexertion. Heart rate monitors range in price from \$20 for a basic model to \$250 for a more advanced model with a stopwatch, calorie counter and GPS receiver.

### **Watch Your Step**

Don't disregard the pedometer as old school. It's one of the most effective tools available. A study by the Stanford University School of Medicine linked the use of pedometers to significant increases in physical activity and weight loss.

Of course, the best fitness tool or gadget is the one that works for you. Experiment with different tools and gadgets to see which one yields the longest-lasting results.

