

MHealthy Physical Activity:

CHOOSING A FITNESS DEVICE



Fitness devices have become increasingly more popular in the recent years. This has led to an abundant amount of fitness trackers being produced, with varieties ranging from simple to sophisticated.

WHAT ARE FITNESS APPS?

A fitness tracker uses sensors to gauge your workout routine and movements. An accelerometer within the sensor is able to define the movement being made, whether it is up and down, side to side, or front to back movements. The fitness tracker then records those movements and sends them to either a computer or phone or whatever it may be synced to.

Sensors can also include:

- Heart rate monitor
- GPS
- Gyroscope, to record whether your standing, sitting, or lying down
- Barometer to determine your altitude
- Magnetometer to determine your directions.

Most fitness and activity trackers pair with another

device, such as a smart phone, a computer, an app, and even smart scales. When paired, some trackers also offer alerts to text messages, phone calls and emails. Before you purchase a fitness tracker, it is important to ask yourself these questions:

- Are you an apple, android or google user?
- Do you want more activities monitored, or something simpler?
- How much are you willing to spend on a fitness tracker?
- Does the design and fit appeal to you?

Be sure when you are choosing a fitness tracker to do your research thoroughly before making the investment. Read reviews, check features, and be sure to buy the right tracker for you and your personal fitness goals.

Look on the next page for information on popular fitness devices.

MHEALTHY PHYSICAL ACTIVITY: CHOOSING A FITNESS DEVICE

BRAND	PRICE	FEATURES	RATINGS AND REVIEWS
Fitbit Charge 3	\$129.95	24/7 heart rate, goal-based exercises, swim proof, sleep tracking and stages, smartphone notifications, up to 7 day battery	4+/5 Upgraded waterproof smartwatch with advanced technologies in sleep analysis.
Fitbit Alta HR	\$129.95	Heart rate monitor, sleep tracking and stages, call, text and calendar alerts, reminders to move, cardio fitness level, steps, calories, distance, 7 day battery life, clock, interchangeable bands,	4/5 Slim fit smartwatch with accurate activity tracking. Great for those who want to have a simple recording system.
Fitbit Versa	\$169.95	Fitness and sleep tracking, heart rate, apps, music and notifications, swim proof, 4+day battery life	4/5 Attractive and affordable smartwatch with advanced health-tracking features.
Garmin Vivosport	\$169.99	GPS, stress tracking, smart notifications, 7 day battery life, etc.	3.8/5 Fitness tracker with running specific metrics.
Garmin Vivoactive 3	\$239.99	Smartwatch with GPS, built-in sports apps, contactless payments, fitness and stress tracking	4.3/5 Durable smartwatch that accommodates many fitness levels and activities.
Garmin Vivomove HR	\$169.99	Smartwatch, 24/7 heart rate, smart notifications, stress manager, steps, calories, distance recorded, 5 day battery life	4.2/5 Users review this watch to have a good battery life, pairing with other apps, and heart rate monitor. They do find the face of the watch to be difficult to see under sunlight.
Garmin Forerunner 645	\$399	Tracks distance, pace, time and heart rate, automatic upload to Garmin Connect, smart notifications, activity tracking like sleep and calories.	4.1/5 Advanced metrics and tracking is exceptional. Great from beginner to advanced athlete.
Motiv	\$199.99	Sleek, waterproof, 3 day battery life, tracks fitness, sleep and heart rate	3.9/5 Simple, light fitness tracker, great for light fitness and activity tracking.
Apple watch Series 4	\$399	Two sensors, heart rate, large display, reads an ECG, shows calories burned, GPS, etc.	4.8/5 Advanced and accurate smartwatch with high tech sensors and capabilities. Best for iPhone users.
Huawei Band 2 Pro	\$66.99	GPS, heart rate, sleep tracking, long battery life	4.2/5 Affordable and capable fitness tracker for an individual on a budget or first time buyer looking to get their feet wet in the fitness tracking world.
Samsung Gear Fit2	\$149.99	Heart rate, tracking of multiple activities, comfortable, sharing and connectivity, compatible to wide range of smartphones, water resistant, etc.	3.5/5 Comfortable, competent fitness tracker recommended for both beginners and more advanced individuals. Best for Android users.