

# HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter  
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## Health and Fitness Gadgets

### Introduction

In today's society, we are all drawn to the next big thing. The health and fitness world is no different. There are many trends and gadgets that catch people's attention. Being technology savvy may not be everyone's strong suit, but don't let that discourage you from trying new things. Today we are going to talk about health and fitness gadgets that are popular to use and that can improve your health in a positive way. These technologies should motivate you, keep you on track and allow you to have fun at the same time.

### Why should I use technology to stay healthy and fit?

Technology is quite helpful when you pair it with your health and fitness daily routines. It can keep us motivated, helps us with proper planning, and can monitor and track our progress. By using these three strategies, we should be able to meet our goals and stay on top of our health in an optimal way. Sometimes, getting that extra push from our technology can be just what we need.



### Motivation

Everyone needs a boost from time to time. With technology, you can have real time information to help you move forward in your day.

FitBit fitness trackers can keep you motivated all day long. When you wear a FitBit fitness tracker you are able to set your parameters and goals for each day. When you are close to one of your goals, it will tell you, "You're doing a great job!" and to "Keep up the good work!". For example, if you set your goal for 10,000 steps a day, once you reach a certain mark towards that 10,000 steps the tracker will congratulate you. You can also add your friends to your FitBit profile so they can watch your progress and can cheer you on as well. You can compete among

your friends to see who can complete the most activity per day. You receive badges for completing goals or even if you win against your friends. Small tokens of motivation go a long way.



### Proper Planning

Planners, reminders, and to do lists, are ways to keep us on task. As for me I'm always eager to mark things off of my list or mark the days off in my calendar. But what if you didn't have to use a physical piece of paper to remind yourself to drink enough water during the day. Staying hydrated is an important part of our daily tasks, but yet sometimes hard to remember. With the HidrateSpark water bottle, the water bottle reminds you to drink water by text notifications and the bottle lights up when you haven't had enough to drink. HidrateSpark calculates

your daily water goal using personal factors unique to you, like age, height, weight, sex, elevation, exercise and more. You will receive an adequate amount of water to stay healthy even on your busiest days. Sometimes it's okay to let technology plan out your day to day tasks. With the proper planning, your body will thank you.



### Monitor and Track

Being able to stay on track and monitor your progress is probably the most important thing to reaching your goals. Staying on track and monitoring your progress can be easy with health and fitness gadgets. One product in particular is the FitTrack Smart Body BMI Scale. This scale can do it all from tracking your muscle mass to your body fat percentage. There are 17 comprehensive measures that will give you a closer inside look at your body. Each time you step on the scale you are able to see your progress within each one of the categories. There are many gadgets out there that can track and monitor your progress. It is important to find what you like and what you are

comfortable with. Everyone's health and fitness goals are different, so one piece of equipment may not fit your style or interest. Each one of the gadgets that have been mentioned, track and monitor in their own way.



### Final Thoughts

The FitBit fitness tracker, the HidrateSpark water bottle, and the FitTracker scale all have one thing in common--- they will help you reach your health and fitness goals. They all incorporate, in some way, a motivating, planning, and tracking feature. This is only the beginning of how technology and gadgets can help you live a better and healthier lifestyle. Everyday there are new inventions made to help us be successful in our day to day lives. Are these technologies what you might need to start a more comprehensive journey to health and fitness? If the answer is yes, Christmas is coming— what is on your list??

### References

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### Other News:

\*\*If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at [hanrahan@astate.edu](mailto:hanrahan@astate.edu).

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The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or [hanrahan@astate.edu](mailto:hanrahan@astate.edu). Produced by Katie Axson, graduate student in the College of Nursing and Health Professions, Doctor of Physical Therapy Program.