

Be Well Aware – Health Article



Utilizing Technology to Reach Your Goals

Whether you are choosing to continue to workout from home, or venture back into your local fitness center, there are many benefits of technology to help you reach your health and fitness goals. While using technology alone will not guarantee you will reach your goals, it has been proven that utilizing said technology can boost your motivation to stick to and reach your goals.

Wearable Fitness Trackers

In today's world it is not uncommon to see a variety of wearable devices such as Apple Watch, Fitbit, Garmen, etc; and while just owning these devices does not guarantee you will reach your fitness goals, they do come in handy if you utilize them. Setting hourly reminders to move or drink water are just a simple aspect of these devices that can help, but the idea that you can not only track your goals, but even compete with friends, may make it more fun. According to Runner's World, fitness trackers can be beneficial to health outcomes if the individual finds motivation to increase their movement and exercise for 15+ minutes a day.

Food/Water Trackers

If your goals are more focused on the amount of calories you are consuming, then it is likely you have looked into or used a food tracker. These are apps that are easily downloaded onto your smartphone, or even accessed via computer. Food trackers allow you to easily track every bite and drink you take without the need of writing it down in a physical journal and figuring out the caloric value or macro breakdown! A downside to these apps is we tend to underestimate the amount of food we consume while overestimating the caloric expenditure via exercise. However, it is a great guideline to help you see daily what it is you are putting into your body and can help you make simple changes that will help you reach those goals.



On top of tracking your calories, most of these food trackers offer a water tracker. If you find you struggle with consuming enough water throughout your day, there are even apps and special water bottles to help remind you to drink your water and help you track it! These water bottles light up or vibrate to remind you to drink more water. They can also track how much you have consumed and can be connected to your smart devices to allow you to better track your water intake based on your caloric burn.

Family Game Time

More than just wearable devices or apps to track your food and water intake, there are those more enjoyable parts to the fitness technology. Game time with the family or even on your own, doesn't have to be sitting still. Devices such as Wii and Kinect allow you to physically interact with your games. From sports, to yoga to dancing, there are plenty of games that will help you reach any fitness goals you might have. According to ACE Fitness, studies have shown these games can increase daily energy expenditure and can be an alternative to "traditional aerobic exercise" to help improve and maintain cardiorespiratory fitness.

ON Demand

Not unlike your Netflix or Hulu subscription, there are a variety of "Fitness On Demand" subscriptions. From Les Mills, to Peloton, Daily Burn, etc. There are a variety of monthly subscriptions that will allow you to take a variety of group exercise classes anywhere. On your computer, smart phone, or

smart TV, you have access to these classes at home, on vacation, in the office, park, or anywhere else you wish to exercise.



Where to go

While this list is just a taste of what the world of technology has to offer, it is a great place to start. As technology changes we will continue to find new applications to help us reach our fitness goals. While many have a place in the world of fitness and technology, it is important to note that it does not have to be expensive to utilize said technologies. Many trackers and fitness apps can be found for free and will give you the ability to reach your goals. Another thing to remember is that while all of these technologies are great, they do not guarantee that you will reach your goals. That is where you come in! Utilize what is available and find what works best for you. Explore and experiment and see what it is you feel you can stick with. And most importantly, HAVE FUN! Challenge your friends and family, play games, set obtainable goals. By doing this, you can definitely utilize technology to help you reach your goals!

References:

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