

The Low Down on FITBITS

Image Source: Fitbit.co.za



Benefit

Fitbits come in watch/wristband form as well as a clip you can place anywhere for easy wireless tracking!

Their website has a quiz that will give ideas of which make/model is right for you based on your needs!

How Do They Work?

Fitbits use sensors and wireless technology to help track every part of your day.

This includes: activity, exercise food, weight, and sleep

How you spend your day determines when you reach a goal. Seeing progress helps to see what YOU are

CAPABLE of.

Why Fitbit?

1. Track your exercise, food weight and sleep
2. Sync your stats wirelessly from your Fitbit to your phone/computer
3. Shows your progress through charts and graphs
4. Helps reach goals by seeing the progress and celebrating milestones and achievements
5. Inspires friends and family to join your path to fitness and healthy living with the leaderboard and group challenges



Image Source: discoverwalking.com

Alternatives?

There are a few alternatives to Fitbits, such as the Apple watch, Samsung Gear Fit, and the Garmin Vivofit. However, Fitbit has different models/makes based on price and accessibility

Pricing

Fitbits range from 60-300 dollars depending on the model. Price varies based on battery life, GPS, call and text notifications, and music controls



Image Source: heavy.com