

How Tracking Your Fitness, Can Change Your Fitness Level By Lisa Schilling RN

Being unhealthy is not just an information problem, it is a motivation problem. If I can change how & what people think about, I can help them change their lives. Just teach them what to do, and I have only added to list of things they already know they "should" be doing. Don't "should" on yourself! Change the way you play the game.

Learning more about what is happening to your body, on a day to day basis, can be just the motivation some people need to make the critical difference. There are many products available to help you track your fitness, so many that it can be overwhelming. One simple product would be a pedometer. These devices are cheap and effective. They track the number of steps you take. The recommendation for good health is 10,000 steps a day. By creating an awareness of your daily movement, you can begin to see your progress and then make choices based on that information.

Another tool would be a heart rate monitor. They can be used to see if you are working in your target heart rate zone as well as assessing your recovery heart rate. Knowing this information can push you to work smarter not harder. Heart rate monitoring is important for making improvement in the way your heart and lungs function.

Products such as the BodyBugg and GoWear fit are comfortable, convenient, continuous body-monitoring products that can measure physical activity and calories burned with a high level of accuracy. Different from the above products, these are lifestyle and calorie management systems.

What are these contraptions, and are they worth it? As one user stated, "Absolutely, it is worth it! It is not super cheap, but the long term cost of extending your life is worth it." When you consider the other things you spend money on such as haircuts, manicures, tanning, eating out, and health and beauty products, the price of \$100 to \$300 is not that unreasonable IF you use it to change your life.

How do they work? Well, you wear them as an armband. They have sensors that gather information and measure the calories you are burning. This information can then be

uploaded to your computer and saved in your online profile. When you login, you are able to see exactly how many calories you burn during specific activities. It also keeps a running total to let you know the number of calories you have burned for the day.

You will know how many calories you need to burn to counteract your calorie intake. Knowing exactly how many calories you burn in real time, can guide you to make smarter decisions. Having this information makes your efforts more convenient and easier to understand. It allows you to make informed choices about your own health. This is something that many people find difficult to do on a consistent basis.

Knowing how close or how far you are to your goals, allows you to make more plan-focused choices. You are in control and will get instant feedback on the results of your choices. By taking the information you have gathered, you can decide what further choices need to be made in order to meet your daily goals.

Most people know what to do, but simply don't hold themselves accountable to do it. The instant feedback provided by this technology can make your weight loss and fitness efforts more tangible. You can stay on track without wondering if what you are doing works or not.

Before you decide to buy one of these devices consider that you must be very consistent and take the time to enter your foods in the on-line menu. If you want to improve your eating habits, it is necessary to keep track of the calories you are eating. It can be time consuming, but knowing the results of your efforts should make it worth it.

On average it takes about 5-15 minutes daily, depending on your speed with the menus. When you eat the same things often, it will become even easier. You can track only exercise or calories burned, but the nutrition aspect gives you the best picture of your progress.

The bottom line is, if you need accountability and something to help you see the fruits of your labor, then I highly recommend you try one of these devices to help you stay on track. The instant feedback and accountability could be the difference that makes all the difference!

