



REAP THE REWARDS

FITNESS TRACKERS CAN PROVIDE MOTIVATION AND ACCOUNTABILITY

50%

of American adults achieve their exercise goals each week while

30%

say they don't engage in any physical activity at all.



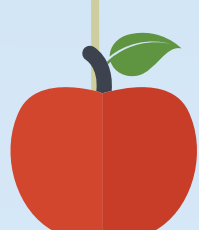
Fitness Trackers

Thanks to ever-evolving technology, however, less-active adults may have the incentive needed to reverse their habits

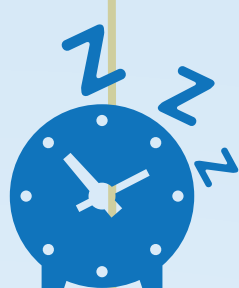
- If you're comfortable with technology, apps can be a great training partner, give you terrific workout ideas and provide valuable nutrition tips.
- Fitness tracking devices can be worn on a person's wrist or attached to their clothing to help track movement and count calories consumed.

HOW DO I KNOW WHAT APP IS BEST FOR ME?

That depends on your activity — for example, running or Zumba, biking or yoga. And you'll want to find one that's easy to use. Figure out what you want to track, like heart rate and distance.



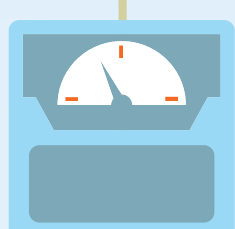
CALORIES



HOURS



OUNCES



WEIGHT



STRENGTH



HEART RATE



DISTANCE

SOME FREE APPS TO TRY

My Fitness Pal: Tracks your exercise, links to other fitness apps — and features a database of 5 million foods. You can import recipes from websites and track steps.

Endomondo: Uses GPS to track your activity, speed, distance and more. Also log indoor workouts, keep a training log, send audio pep talks to friends, and share results on social media.

Map My Fitness: Lets you log more than 600 different types of workouts and record GPS-based activities to see detailed stats.

Run Keeper: Helps you find and follow pre-planned routes, set and follow a training plan. You can also add indoor cardio and gym activities.

Withings: Lets you track everyday activity and heart rate — even invite friends to steps challenges. Connects to health trackers for health coaching.

Adults should engage in at least

30 minutes a day

5 days a week

of moderate activity. But, don't worry the app can track that for you.



For more information on fitness trackers or apps, visit premierhealthnet.com/familyhealth.

SOURCES: Joshua Ordway, MD, Franklin Family Practice; University of Michigan and University of Washington; American Heart Association (AHA); American College of Sports Medicine