

HOW TO USE WEARABLE TECHNOLOGY TO IMPROVE YOUR LIFESTYLE

Discover how you can take advantage of wearable technology to improve your fitness, monitor your health, monitor your baby's safety, and even train your pets



How to Use Wearable Technology to Improve Your Lifestyle

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Introduction

Modern technology has made it possible to have very complex technology that's so small, you can wear it on your wrist or put it in your pocket. There are many devices on the market that can help you improve your fitness, monitor your health, and improve your athletic performance.

There are also gadgets that allow you to track important people or possessions, monitor your baby's safety, and even train your pets. And, of course, there are some wearable technology devices that are really just for fun.

I'm going to show you how you can take advantage of wearable technology to meet your needs and improve your lifestyle. You'll learn about the most common applications for this type of technology.

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Wearable Technology for Health



When it comes to your health, technology is a great way to monitor conditions that can become life threatening. There are many wearable technology devices that can provide you with accurate and consistent monitoring.

For example, many people experience problems with blood pressure – either too high or too low. If you have blood pressure fluctuations, it's important to have the proper device for keeping track of it.

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Today's blood pressure monitors are high tech and will help you keep great records of your regular blood pressure readings. For example, the Withings Wireless Blood Pressure Monitor for Apple and Android is a sleek device that's easy to use and transport.

With this device, you can take your blood pressure quickly and easily. The device syncs to your smartphone and you use the phone to start the measurements, record readings, and look at data over time.

When it's time to head to the doctor, you can bring your smartphone to share your blood pressure readings since your last appointment. You can even send them directly to your doctor if you prefer.

If it's important to know the oxygen saturation of your blood, the iHealth PO3 Pulse Oximeter for iPhones can help you take regular measurements and use your smartphone to record all of your readings.

With this device, you can also share your information instantly with friends or family members – an important feature if you have a life-threatening situation with low oxygen.

If you have many health conditions that are important to monitor, you can benefit from the Health ID Emergency Medical ID Bracelet with Smartphone Access. Many people wear health alert bracelets, but they have limited space to share information.

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This bracelet is worn just as you would wear any medical ID bracelet, but it has the power to share information digitally and through your smartphone. That means you can share information about many illnesses, medications, or other health conditions.

You can also use it to record your blood pressure, weight, and cholesterol. While this is important for first responders who will have instant access to your health data, you can also use it at regular doctor's appointments to share information since your previous appointment.

The Health ID Emergency Medical ID Card with Smartphone Access works in the same way, but is a card that you can carry in your wallet. You tap the bracelet or card to any smartphone and the medical records will instantly be pulled up.

Having health information at the touch of a button or the tap of a screen can be lifesaving. If you're not able to verbalize what is happening, emergency responders will be able to find out exactly what is going on.

But there are other devices that help you have information in a moment that helps protect your health. For example, if you have very fair skin, you know that too much sun can be dangerous. But it's important to get some sun in order to make vitamin D.

There are monitors designed to help you know how much exposure you have to UV light so that you can make the best decisions about how long to stay in the sun. The SunFriend Personal UV Monitor is a device that does just that.

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This device is worn on your wrist. You customize it based on your skin tone and how sensitive you are to the sun. Then the LED lights on the face of the monitor will begin to light up once you've had the safe amount of sun for you that day.

After that, you can choose to cover up or get into the shade. You'll be able to get enough sunlight for your health needs, but not so much that you put your skin in danger of damage.

If you struggle with bad posture and back pain, you'll appreciate the Lumoback Posture Sensor. This device is worn on your lower back and it will vibrate when you're not sitting with proper posture.

It will also track your activity and keep up with how much time you spend sitting and how many steps you walk each day. This is a simple device that can help you to get in the habit of standing in a posture that supports your back more effectively.

This is just a sampling of the many devices available to improve your health and wellness. If you have a specific condition, you should consider finding a wearable technology device that will help you keep track of it and benefit your health.

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Wearable Technology for Fitness



One of the areas where you'll find the most wearable technology is that of fitness. Most people want to look and feel their best, but it can be hard to develop healthy habits of exercise, good sleep, and good nutrition.

Wearable technology offers some support to help motivate you to incorporate healthy habits. You can find personalized coaching, competitions, and trackers that simply help you stay on top of your goals.

One of the most popular devices on the market is the Fitbit Flex Wireless Activity + Sleep Wristband. This is a small tracking device that you wear on your wrist. It's very slim and doesn't stand out.

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It tracks your steps, the distance you run or walk, the number of calories you've burned and your minutes of activity throughout the day. And this little device will even monitor how much sleep you get - and even your sleep quality.

It also has a silent alarm that vibrates to wake you up in the morning so that you don't wake your sleeping partner. You can also set daily goals and the small LED lights will help you see if you're closing in on those targets throughout the day.

You can sync the Fitbit to your smartphone so that you can track your information, set goals, and see your progress over time. This is one of the most popular devices, but there are several others on the market with similar features - though each one has its own unique style and purpose.

For example, the Garmin Vivofit will allow you to add a heart rate monitor to your tracker so that you can make sure you're in the target zone for burning fat and getting in shape.

It also will prompt you to move throughout the day. The screen has a "Move Bar" that will light up when you've been inactive for an hour. If you walk for a few minutes, the light will reset for another hour.

These little chunks of activity add up to a lot of steps and improved fitness. The Vivofit also looks at your data and gives you a personal fitness goal each day so that you can make progress and feel more motivated.

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If, in addition to your activity levels, you want to keep up with your oxygen levels and your heart rate, the Withings Pulse O2 Activity, Sleep and Heart Rate Tracker is a great choice.

This device can be worn on your wrist - or you can clip it to your belt or pocket. It will track your steps, the distance that you walk or run, and the calories you burn. It will also track vital information.

To monitor your heart rate and your oxygen levels, all you have to do is push your finger on the back of the device. You'll hold it there for a couple of seconds and your pulse will display your levels of oxygen.

This is important if you have health conditions that require you to monitor these numbers. But if you're interested in improving your fitness and endurance, this information is also very helpful.

Athletes, in particular, use this information for training. This device doesn't require you to have a strap on your chest or any other type of equipment. And it will sync the information right to your smartphone.

The Misfit Shine Activity and Sleep Monitor also tracks your activity levels and sleep. But what makes this device different is its sleek display. It has a round face like a watch with 12 tiny LED lights.

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The more active you are throughout the day, the more lights will glow. You can also use it as a watch that tells time if you choose. The face is usually worn on the wrist, but you can also purchase a pendant or clip to wear it in different ways.

While we usually think of adults wearing activity trackers, children (and even pets) can get it on the action. With the LeapFrog LeapBand, your child is able to wear an activity tracker that motivates him to move.

This is an interactive device that has over 50 activities that challenge your little one to move. For example, he might be asked to move like a specific animal or learn a new dance.

Kids can also collect activity points throughout the day that they can use to take care of their digital pet. For example, they can give their pet a bath or toy with points they've earned.

This device also helps kids learn how to tell time and has lessons about nutrition and healthy habits. As a parent, you can set limits on the device that keep kids from playing in the middle of the night or when they're at school.

And this device is made to take the wear and tear that kids will place on it. The screen is protected by more than one layer to prevent it from cracking and shattering.

If you're worried that your dog isn't getting enough activity throughout the day, the Whistle Activity Monitor for Dogs can help you to see what's going on and help your dog develop healthier habits – with your help.

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This little device attaches to your dog's collar and will track her activity. It will help you see how much exercise she gets as well as how much time she spends inactive.

With this information, you can begin to set health goals for your pet by increasing activity levels a little at a time. This will sync with your smart device to allow you to log your dog's nutrition, medication, and set new goals.

And even if you're not home, you can take a look at your pet's activity levels. This device is designed to be water resistant and can handle the dirt and grime that's common for pet devices.

The Tractive Motion Pet Activity Tracker is another device that helps you keep track of your dog's activity levels. This device will place your pet's activity level into one of three categories – lazy, active, or dynamic.

Over time, you can see how much activity your dog is getting and work to increase it a little at a time if needed. This gadget also monitors your pet's temperature and the brightness of her environment.

While most people use this device for dogs, it's small enough to use for cats. If your feline is overweight, you can monitor how much activity she's getting and work to help her exercise more and achieve better fitness.

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Wearable Technology for Fun and Sports



Wearable technology is especially interesting when it comes to fun and sports. There are many different ways you can use technology to enhance adventures and improve your performance.

Golfers probably benefit most from wearable technology devices. There are several items on the market that work to analyze your golf swing and help you improve your game.

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For example, the SwingTIP golf Swing Analysis and Coaching System attaches to your golf club and syncs to your smart device.

It measures several variables about your swing and then helps you see what you're doing well and where you can improve.

It also has built-in coaching to help you make adjustments and get solid practice. The Zepp Golf 3D Swing Analyzer is a similar device, but instead of attaching to your clubs, this device clips to your golf glove.

There are also small devices you can use for golf by clipping them to your waistband or sliding them into your pocket. Rather than analyzing your swing, these actually work to analyze your entire golf game using GPS technology.

The GAME GOLF Digital Tracking System is one such device. It helps you see your distances, your fairway accuracy, and how well you putt at the hole. You can also share information with friends or even a golf pro who is working with you on your game.

Zepp also makes swing analyzers for baseball and tennis. These devices attach to your racket or your bat and collect information about your swing. This can then be analyzed to help you improve your game.

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If you're a basketball player or coach, you'll love the 94Fifty Smart Sensor Basketball. This device looks like a standard basketball and plays like one, too. But the entire time you use it, it's collecting information about your activity.

It can be used indoors or outdoors and will measure your shot speed, accuracy, and ball handling. It will also provide you with instant feedback and has more than 50 built in drills and competitions designed to help improve your play.

This is not so much a toy as it is a training device that can be used to improve your game. It can track information for up to 5 players at a time and is perfect for coaches who want to work with multiple players.

If you love outdoor adventure, a wearable camera may be the perfect technology for you. It's hard to capture true adventure with a standard digital camera or smartphone. There can be too much motion - or conditions, such as water - that can ruin those devices.

But with a device designed to be worn in motion, you can capture anything from skiing to kayaking to surfing. For example, with the GoPro Hero3, you can wear or hold your camera - or attach it to just about any object.

It can take video or still photos that rival professionals. You'll have automatic image stabilization so that your video isn't too jumpy and the camera is water resistant, so you don't have to worry about rain or splashes ruining the device.

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There are waterproof cases you can put the camera in to ensure it doesn't get wet. The camera will sync with your smartphone or tablet so that you can control it remotely and replay videos immediately.

The Sony HDRAS100V/W Video Camera is another similar device made to be splash proof and easily attached to a tripod or mount of your choice. You can attach your camera to handlebars, a vehicle, a boat, or any other device – you'll just have to order the proper mount.

And if you're on a tight budget, you might want the Contour ROAM2 Waterproof Video Camera to capture your activities. This is an economical choice that still provides you with high quality video in a wide variety of settings.

Smart watches are also devices that can add an element of fun and function to your life. These are watches that connect directly to your smartphone and allow you to get many features from your wrist, rather than having to dig out your phone from your pocket or purse.

Some smart watches only allow you to see your calls and messages and choose which ones to respond to – but you still have to use your phone to talk. For example, the Pebble Smartwatch for iPhone and Android will sync with your phone and allow you to interact with it.

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