

# Tools For Getting Healthy

Technology has given us a lot of great tools for getting healthy. Here are some of the best tools on the market to get you started.

## FITBIT

Fitbit makes a variety of wearable fitness devices to help you track your movement and exercise throughout the day. Use it to count your steps, measure your heart rate, or track your sleep, and even as a silent alarm to get you up in the morning.

The **Charge HR** is the current top-of-the-line model with all the best features.

## APPLE WATCH

The **Apple Watch** is another wearable fitness device that helps you keep track of all things health-related, including heart rate, steps and physical activity, and sleep. Other features include:

- Movement reminders
- Medication and/or supplement reminders
- Hydration reminders
- Silent alarm
- Pairs with other apps such as MyFitnessPal, Runkeeper, 7-Minute Workout, and more

## WITHINGS

Withings is a company that makes a variety of different tech tools to keep you healthy. These include:

- **Body Scales** – Includes the **Body** and **Body Cardio** scales. The Body scale assesses your weight, as well as body fat percentage and muscle mass. The Body Cardio scale does what the Body scale does, plus measures your standing heart rate and pulse wave velocity for a helpful look at your cardiovascular system.
- **Blood Pressure Monitor** – If you need to lower your blood pressure, you should be tracking at home. This wireless blood pressure monitor is easy to use, and stores all your tracking data so that you can bring it to your doctor.
- **Aura Connected Alarm Clock** – The Aura is an alarm clock that doubles as a light machine and lamp that wakes you up to your favorite music and energizing light.

## HEARTMATH

HeartMath makes biofeedback devices that help you reduce stress and respond to future stressors in a positive way. These devices include:

- **Inner Balance** – a biofeedback app and device that measures heart rate variability and coherence.
- **EmWave2** – a handheld device that measures heart rate variability and coherence. When used in conjunction with the computer, you can track your sessions, use games and visualizations, and add your own pictures and music for inspiration.