

GET FIT WITH FITBIT



How it works....

It's the size of a clothes pin and can log your physical activity, distance traveled, and calories burned, and it also can detect the quality of sleep you are having. You can attach it to any piece of clothing, and it will barely be noticeable. All you must do is sync it with your mobile device.

Advantages....

It is extremely easy to set goals and see how you are working towards those goals. The Fitbit will keep the person motivated and accountable because it will serve daily reminders of your progress. Another feature the Fitbit has is you can compete with other friends who have Fitbit and conquer different challenges together.



Alternatives...

There is a plethora of secondary options to Fitbits. They include Garmin Vivofit 3, Withings Go, Xiaomi Amazfit, Wahoo TICKR, and many more devices.

Most of these options are relatively cost friendly compared to the FitBit.

Limitations....

- Needs to be charged every so often.
- Not water proof, so it can be sensitive when someone sweats too much.
- Not the biggest item, so it can easily be lost.

