

USEFUL TECHNOLOGY

Best Christmas Present EVER

By Larry Hayes



My daughter gave me a Fitbit Zip™ for Christmas. Turns out to be my best Christmas present ever.

It tracks my steps, distance and calories burned and syncs those stats wirelessly to my computer. My goal is 10,000 steps a day which is what the medical doctors recommend.

Now, I've always considered myself to be pretty active. Play tennis 1-2 times a week, lawn bowl with my wife at least once a week and walk often.

Since Christmas, I've been wearing my fitness tracker every day. To my surprise and shock, I'm **NOT** as active as I thought. Except on the days that I play tennis, I'm lucky to rack up 5,000 steps.

To reach 5,000, I need to walk at least one mile which I do at the Campbell Community Center track. One mile, four laps equals 2,000 steps. My goal is to walk 10,000 steps a day—five miles— but one step at a time for now.

Review

My Fitbit motivates me to keep moving which is great. You can easily attach the device to your clothes or slip into your pocket. Because it's so small, you have to be extra careful not to lose it. On a scale of 1-10, I give it a 9. Cost: \$59.95 ordered direct from Fitbit.com. Often discounted at retail stores.



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