



WEAR YOUR FITNESS ON YOUR SLEEVE:
**MASTERING WEARABLE
TECHNOLOGY**



**FIT
WON'T
QUIT!**
YouFit
CHALLENGE
SEPTEMBER 1-NOVEMBER 30

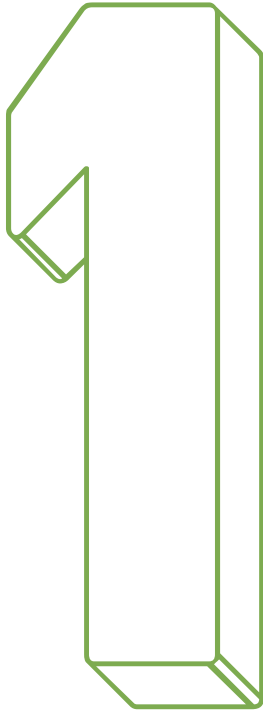
YouFit
GYMS

YOUR INTRODUCTION TO THE WORLD OF FITNESS TECH

Throughout the Fit Won't Quit Challenge, we have been focusing on the word "accountability." Showing up for yourself is the first step in making serious changes, and making lasting progress that really matters. Thankfully in 2022, consumers have countless options at their fingertips (or on their wrist), to help hold us accountable, and track their progression at the gym. Between improving your mental health, your nutrition, AND your fitness...there are tons of elements at play that can certainly be a challenge to be accountable for.

Accountability aside, wearable technology has tons of other benefits that can assist with tracking all the hard work you've been putting in. They can help with daily motivation, setting your goals, eating healthy, staying connected with your fellow challenge-goers, tracking your sleep, and monitoring your body's vitals. Lots of smart phones contain built-in tools to monitor your gym gains, but we put together a list of our top choices for wearable fitness technology to help you crush your goals with ease!





APPLE WATCH

It's no surprise that Apple has already taken their products into the world of fitness, and offers a myriad of options to keep you in check. All iPhones come equipped with Apple Health, which is a completely free program that can track all your vitals in one inclusive app. Apple Health syncs with the Apple Watch directly, which tracks steps, calories burned, flights of steps climbed, "standing minutes" and heart rate averages. Apple Health allows you to track your steps and distance walked over long periods of time, which is great for tracking your average distance - and allows you to see your progress compared to the days and months before.

Apple also plans to launch Apple Fitness later this fall, which is a free library of customizable workouts for all iPhone Users. Apple Fitness promises thousands of video and audio workouts - including everything from HIIT to Yoga. You can take your workouts even further with the Apple Watch, which allows you to program and track your personal metrics.

Since the Apple Watch's first launch in 2015, many variations and sizes of the watch have been made available. Their newly released Watch Ultra, is the most robust watch ever, and perfect for those hardcore athletes looking for intensive tracking. The watch is water resistant (for all you swimmers out there), and allows you to control your entire workout from your wrist. The watch allows you to set a customized heart-rate goal zone, tracking your heart rate, time spent in each working zone, and your average HR throughout your workout. This watch is a perfect first for those who are big on running (and hiking specifically) - for all the elevation and compass functionality it offers. For those looking for a equally great workout tracker (at a smaller price point), we recommend taking a look at the Series 8 or Apple Watch. All-in-all, the Apple Watch is a great starter fitness tracking system, that integrates very well with the iPhone, and other Apple products.

PROS

- ↑ Great fitness tracking options
- ↑ Fall/trip detection
- ↑ Sleek design
- ↑ Water resistance
- ↑ Seamless music controls during your workout

CONS

- ↓ Hefty price
- ↓ Lower battery life (on earlier models)
- ↓ Small screen
- ↓ Compatible only to iPhone uniquely





MYZONE

A leader and reputable name in the fitness industry, MyZone is used by countless gyms and clubs around the country, and allows fitness tracking in an interactive and social way. By starting with the MyZone App, you'll be able to see your MEPs (MyZone Effort Points), which are awarded for every minute spent exercising in persona intensity zones that are customizable to you. Lots of clubs and gyms hold MyZone challenges at their businesses, which award prizes to the winner with the most MEPs. You can also add connections through the apps which lets you connect and compete with your friends, and see how your workouts are tracking up! The app also contains hours of classes that you can complete, curated by MyZone, which allow you to choose between heart-zone-matches, and cardio pushes. The app synchronizes with both iOS and Android - which is a great benefit, regardless of the type of phone you have!

PROS

- ↑ Affordable
- ↑ Easy-to-use
- ↑ Connects with lots of apps/fitness machines
- ↑ Extremely accurate data

CONS

- ↓ Not as many product offerings
- ↓ Must own the heart rate tracker
- ↓ Not as inclusive and offers as many features as other fitness tracking systems

Fitness Instructor and MyZone client David McMichael shares, "I like MyZone because it gives me long term context on my fitness. I can track my growth over long periods of time, and make adjustments to my regiment. During class it helps both myself (and my clients when I teach,) match accountability with effort."

MyZone sells a small handful of products that integrate seamlessly with their tracking systems. If you enjoy the watch route, MyZone currently sells the MZ-60 Watch, which displays all your heart rate data and workout statistics on the face of the screen. For only \$59, the watch pairs with your MyZone belt, and has a built in stop-watch and workout timer. You can also purchase the initial heart rate monitor which is available as a chest strap, or an upper-arm band. The heart rate monitor connects to your phone, the MyZone app, and thousands of cardio machines worldwide. The monitors come with a washable, comfortable strap, and hold hours and hours of battery with a single charge.





FITBIT

If you have any knowledge about the fitness industry, you have probably heard of FitBit. Most popular for counting steps and tracking walking, this fitness tech conglomerate has been around for many years. FitBit products allow you to take control of your entire health spectrum, including nutrition and sleep tracking. The majority of their products are worn around your wrist, which allows the product to constantly keep track of your heart rate. Their watches range from a typical watch size (allowing for more thorough counseling), to a very thin bracelet-style band.

Their newer "sense 2" watch retails for \$299, and can assist you with managing stress, and keeping track of your sleep patterns for ultimate health. This product also ties in with the mental health component of our challenge, and asks for to answer questions about your mood during certain periods of time. This allows the watch to compare your responses to your heart rate, and reminds you to identify potential triggers of stress. In addition to a full range of fitness technology and analyzation, the sense 2 watch breaks down your sleep data, and pinpoints how you can improve your sleep based on 10 key metrics.

For those looking for a cheaper & more minimalistic option, take a look at the FitBit Inspire 3, or the FitBit Ace 3. These are designed as enhanced pedometers/heart rate monitors, and tracks your heart rate so you know when you're in fat burn, cardio, or peak working zones. These products are virtually light as air, and wont feel bulky on your wrist. Both of these monitors also come with sleeping and stress tracking, at a less elaborate scale.

PROS

- ↑ Tons of options depending on experience/price
- ↑ Portable
- ↑ Integration choices
- ↑ User friendly for tech newbies

CONS

- ↓ Some users have reported them to be minority uncomfortable
- ↓ Slightly more expensive than other options





GARMIN

You may have thought Garmin was a leading provider for GPS systems, but this tech company has also recently thrown their hat into the fitness ring. These sleek and stylish watches are known for their elegant look and feel, and have some seriously awesome fitness capabilities.

All of their products boast a long battery life, functionality with the phone you have, support and connection with the Garmin community, and extensive health monitoring options. Similar to FitBit, Garmin has higher-tech more sustainable watches for a fitness guru, and has smaller tracking bands for those just getting started on their fitness journey.

At one of our higher price points, the Garmin Venu 25 retails for \$399, and offers tons of customizable options to make the watch your own. The Venu comes equipped with preloaded sports apps to provide the user with new ways to move your body, and coaches you through circuit exercises that are demonstrated on your wrist. The watch also allows you to store music on the watch so you can leave your phone behind at the gym, and allows you to check your blood oxygen levels throughout the day. Their Health Snapshot feature allows you to log a 2-minute session to record key stats, including heart rate, heart rate variability, respiration, and stress. All of this data links to the Garmin app to share and track.

Their vivofit 4 is a bit more straightforward and easy to use, and doesn't come with all the extra bells and whistles. At only \$79.99, this small band has a 1+ year battery life, and doesn't require charging. The vivofit tracks steps, distance, and calories burned - and still has light sleep technology to provide you with a customized daily step/workout goal. Garmin even made watches for kids - so the whole family can get in on the fun!

PROS

- ↑ One of the most advanced/thorough trackers on our list
- ↑ Integration with smartphones
- ↑ Fantastic battery life
- ↑ Easy to read display that always stays on

CONS

- ↓ Add-ons/enhancements can be tedious to properly install
- ↓ Some consumers report minor technical glitches on specific models
- ↓ More expensive than most basic trackers





YOUFIT APP

Sometimes the finer things in life are free, and our YouFit app is no objection to this rule. While not a “wearable device”, our YouFit app gives you a fantastic range of tools for tracking your workouts, and making sure you’re staying on the right path. Not only does our app allow you to register for your favorite group fitness classes 24/7, it also allows you to set up a calendar with goals, activities, and items for you to accomplish on any given day.

The app also has quick shortcuts to access your nutrition needs through EatLove, and access to YouFit On Demand, with 100s of complimentary classes from our friends at EatLove. The dashboard gives you a wide array of options to track your time at the gym including steps, sleep, weight, body fat, caloric intake, heart rate, and much more. For our new members, take a look at our Member Onboarding functionality, which takes you through a series of full-body workouts, and recommendations for workout ideas from our YouFit Trainers. You can also make note of your meals, connect to all of the partners mentioned above in our guide, and track your vital statistics. The app is also your one-stop shop for all your membership needs, including check-in, finding our nearest clubs, and controlling your payment options.

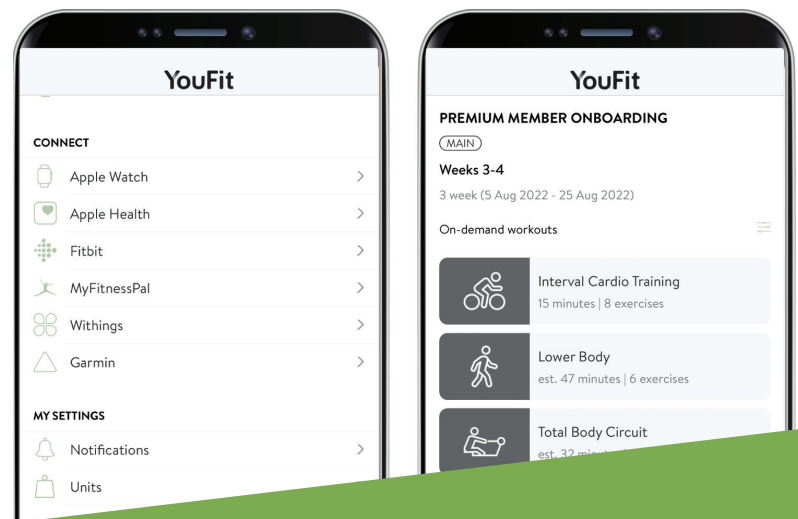
This app is a must-have for all members, and gives you access to all of the Fit Won’t Quit Challenge attributes in one streamlined place.

PROS

- ↑ Free of charge to all members
- ↑ Allows adequate access to all fitness tracking needs
- ↑ Register for classes
- ↑ Complete preset workouts for all body parts and muscle groups

CONS

- ↓ None here...but hey, maybe we’re a little biased :)



FITBIT

For all the reasons listed above and much more, we rank FitBit as the top choice in our wearable technology guide. Although all of these options are subjective to your personal goals and aspirations, FitBit has the widest range of products that are mostly affordable - with tons of integration options. A single charge for some of their smaller products will last you for weeks - ensuring you never miss a stride with your workouts.