

Activity Monitors that can Motivate You to Move!

We all sometimes need a little motivation to make more energetic choices throughout the day—like pacing while you are talking on the phone, parking farther away, and taking the stairs instead of the elevator. The following monitors are more like fancy pedometers that use motion sensors to measure your body’s movements. If you want something that gives you more than just steps and provides more motivation take a look at the monitors below. Here is Fit Minded’s review on the latest physical activity monitors.

PA monitor	What it tracks	Pros	Cons	Price	Where you wear it
Nike Fuel Band For: someone who is motivated by steps; someone who likes to connect with friends & set goals	Steps, calories, Nike Fuel Points (Nike’s own standard of measuring physical activity; an arbitrary metric)	<ul style="list-style-type: none"> • accompanying smartphone app is easy to use • long battery life • comes in 3 different colors and different sizes • can upload to Nike’s online exercise tracker where you can make goals and challenge your friends • syncs to phone wirelessly • smaller size, worn on wrist 	<ul style="list-style-type: none"> • it is believed that is over-counts steps • doesn’t show distance walked/run • water resistant, not waterproof 	\$150	your wrist.



<p>Striiv</p> <p>For: someone who doesn't want to connect to computer</p>	<p>Steps, distance walked, flights of stairs, time in physical activity</p>	<ul style="list-style-type: none"> • easy interface with no learning curve to understand • takes running, walking, and stair climbing and turns it into a motivation tool for donating to worthy charities • you don't have to connect it to a computer 	<ul style="list-style-type: none"> • Doesn't record sleep • most people do not like attaching it to their keychain • not waterproof 	<p>\$99</p>	<p>Attach the monitor to your keychain and put it in your pocket, or snap it into its plastic holder and clip it to your clothing</p>	
<p>BodyMedia FIT CORE armband</p> <p>For: someone who wants the most accurate picture</p>	<p>Steps, physical activity, calories burned, sleep quantity</p>	<ul style="list-style-type: none"> • gives you the most accurate picture of how your body is working, or not • provides best data 	<ul style="list-style-type: none"> • significantly more expensive • requires you to purchase a subscription after a three-month trial period • no info on sleep quality 	<p>\$180</p>	<p>Strap it directly onto your left arm, over your triceps</p>	
<p>FitBit the One</p> <p>For: someone who wants something hidden</p>	<p>Steps, mileage, physical activity, stairs/hills, calories burned, sleep time. You can also log calorie intake and specific activities, and track your weight</p>	<ul style="list-style-type: none"> • smaller, easily hidden • calculates flights of stairs • free management software • has Bluetooth so it automatically syncs to computer when 15 feet away 	<ul style="list-style-type: none"> • not waterproof • limited foods in the food catalog 	<p>\$100</p>	<p>Attach the tiny, black monitor to your bra or waistband, or slip it in your pocket</p>	

<p>Up by Jawbone</p> <p>For: someone who wants more detailed information on sleep and calories</p>	<p>Step count, distance, active time, longest time active, longest time idle, total calories burned, active calories burned, resting calories burned, intelligently tracks hour slept, light vs. deep sleep</p>	<ul style="list-style-type: none"> vibrates when you have been sitting for too long can download charts and graphs can track your mood and record and track each meal you eat lets users share their data with friends and create personal challenges 	<ul style="list-style-type: none"> must plug it into a computer to read anything, does not have an on-device display UP cannot be used without an iPhone or Android app no wireless syncing 	<p>\$130</p> <p>Wear on your non-dominant wrist</p>	 <p>The image shows the Up by Jawbone UP wristband, which is a red, flexible, loop-shaped device. It is shown next to its white, textured charging dock. A blue wristband is also visible, partially overlapping the red one.</p>
<p>Polar Heart Rate Monitor FT4</p> <p>For: someone who wants to track their heart rate</p>	<p>Heart rate, calories burned, amount of time spent in calorie burning zone,</p>	<ul style="list-style-type: none"> gives your heart rate water resistant track up to 10 sessions worth of data easy to use easy to read, big numbers 	<ul style="list-style-type: none"> only comes in one size does not track distance or sleep 	<p>\$100</p> <p>Watch worn on the wrist plus a chest strap</p>	 <p>The image shows the Polar Heart Rate Monitor FT4, which is a white and pink wristwatch with a digital display. The display shows 'IN ZONE', '127', '148', and '168'. Below the watch is a black chest strap heart rate monitor with the Polar logo on it.</p>

[Garmin
Forerunner
10 Monitor](#)

**For:
runners,
swimmers**

Distance, pace,
calories

- smaller size compared to other heart rate watches
- able to set goals
- if want to walk/run will beep at you when you should walk or run
- can bicycle with it
- waterproof
- no Bluetooth
- short battery life
- does not calculate heart rate

\$130

Watch worn
on wrist

