

MAKE FRIENDS WITH A FITNESS TRACKER

In the last lesson, you learned that the key to burning more calories is to move your body, regardless of what else you're doing. Fitness trackers can motivate you to get moving.

A study from the National Institutes of Health found that the self-monitoring created by using fitness trackers is beneficial. **Researchers also found that a fitness tracker could make you more likely to make significant lifestyle changes that strengthen your health.**

DISCOVER HOW A FITNESS TRACKER COULD BENEFIT YOU:

1. **Track your progress.** One of the main benefits of using fitness trackers is to ensure you're making progress.
 - A fitness tracker can show you the total number of steps you have walked. They can also show your heart rate, pulse, and other body data. In addition, they can keep track of the calories you burn.
 - **Researchers point out that what gets measured is more likely to be managed.** This means that you're more likely to change, or pay attention to, things that you're tracking. Attaching numbers to things can raise their significance in your mind.
2. **Increase your motivation.** When you see the number of steps you've walked since morning, you're motivated to keep going.
 - You may notice you want to exercise more because you're wearing a fitness

tracker.

- It can serve as a constant reminder that something is monitoring your activity levels.
- Sometimes simply seeing a low number on the tracker can encourage you to move.

Fitness trackers are a convenient way to ensure you're getting enough exercise and know that it's making a difference.

There are many types of fitness trackers. Comparing various trackers in your price range will help you pick out one that will work well for your situation.

The next lesson is a fun one! See how you can dance your way through your day and burn a plethora of calories as you go.

HERE'S WHAT YOU NEED TO DO TODAY:

Get a fitness tracker. Make a note of how many calories you burn the first day, and see how this number goes up as you apply the techniques in this course to your daily routines.