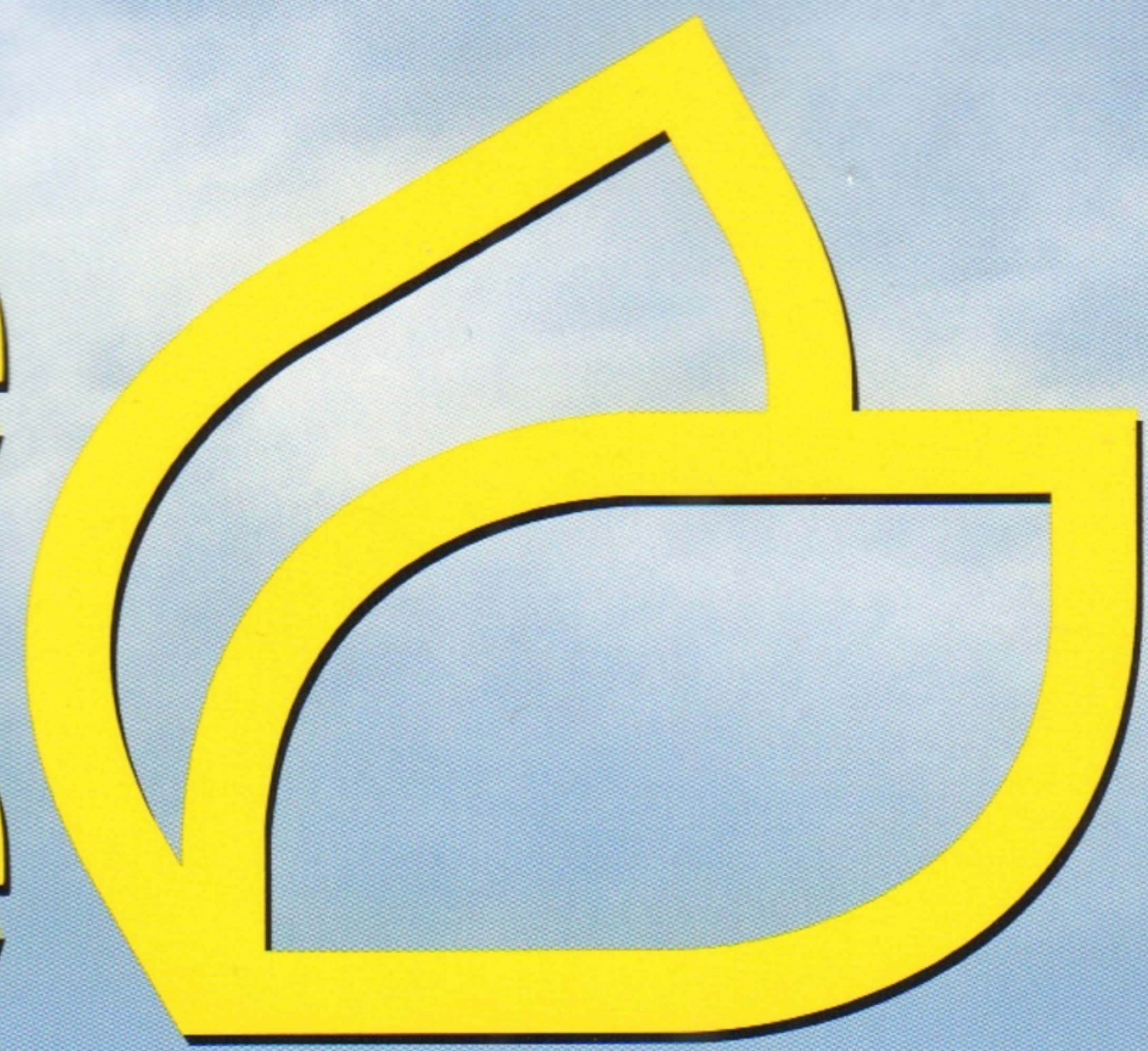


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# 6 Tech Trackers to Try

*It seems like* everything we do is dependent on technology tools: GPS, smartphone apps, handheld devices for almost any occasion or need.

Maybe you own a car with a rearview camera that assists you in backing up—try driving one without it, and you will be amazed how dependent you became on the camera over the traditional mirrors. Going to the gym used to be as simple as loading up your gym bag with tennis shoes and workout clothes; now, a typical gym bag is full of gadgets as well such as a digital music player, fitness tracker, and ergonomic workout shoes.

This isn't to say that techy tools are bad—they assist us with so many day-to-day operations and often make life much easier. Here are some of our most-recent favorites!



## → InBody Analyzer

Being fit goes beyond just stepping on an ordinary scale and recording your weight. InBody has developed a whole-body analyzer that provides essential data for any fitness or weight loss program. This same technology and equipment is used by many weight loss centers and health clubs to analyze weight, body composition, muscle, and fat, and it can store data on your computer. // [inbody.com](http://inbody.com)

## → Care@Home

Exactly as the name suggests, this system provides a unique twist on home monitoring for those who want to stay in their homes, yet need some assistance because of age or a medical condition. Developed by Essence, Care@Home uses sensors and intelligent algorithms to track behavior patterns, habits, and activities. Caregivers are notified when users skip meals, reduce activity, or even spend an unusual amount of time in the bathroom. More than just reporting events such as falls, Care@Home prolongs the ability to live independently while offering a sense of security. // [essence-grp.com](http://essence-grp.com)

## → Cures A-Z

Developed by renowned integrative physician Jacob Teitelbaum, MD, this app will be your go-to for information on thousands of common health problems and their treatments. The app provides natural therapies for many chronic health issues, as well as a nutrition guide and access to Dr. T's newsletter. // [vitality101.com](http://vitality101.com)



## → Blood Pressure Monitor

It is estimated that more than 20 percent of Americans suffer from hypertension, and many aren't even aware of it until they have an event such as stroke. Omron has created a series of blood pressure monitors and corresponding app that integrate your blood pressure monitoring to your smart device—making tracking over time a seamless effort. Plus, this simple device has an easy-to-read screen featuring large numbers. // [omronhealthcare.com](http://omronhealthcare.com)



## → TalkBand B2

Wearables and fitness trackers are all the rage in the athletic community, but the TalkBand B2 from Huawei takes this to a whole new level. The B2 goes beyond a Bluetooth headset or pedometer, yet it functions like both—you wear it like a watch, so it's a handy way to stay connected at all times. Some of the best features? Hands-free calling, sleep monitoring, and tracking all activities from running to climbing stairs. // [gethuawei.com](http://gethuawei.com)



## → Fitbit Charge HR

Fitbit Charge HR is an advanced tracker that provides continuous, wrist-based heart rate tracking so you can make the most of your workouts, more accurately monitor calorie burn, maximize training, and optimize your health. The Charge HR outperforms other heart rate trackers because it automatically tracks heart rate all day, during exercise, and while you sleep with up to five days of battery life. Tied to the downloadable app, Charge HR allows easy tracking for all of your fitness activities. // [www.fitbit.com](http://www.fitbit.com)