

# WEARABLE TECHNOLOGY

While wearable tech has a lot of advantages, there are some disadvantages worth considering. Let's take a look at both the good and the bad of wearable technology.

BY HELEN PUFAHL, RESIDENT CONTRIBUTOR



**A**lmost everyone has a fitness tracker; these devices have been the rage for the last few years. Whether it is an Apple Watch, FitBit or some other Clothing and/or accessories that contain integrated technology, it's an easy, seamless way to incorporate technology into your everyday life.

## TRACKING YOUR LIFE

Do you really want to track every detail of your life on a daily basis? I sure don't. Tracking sleep patterns, what you eat, when you eat, how much you sweat, stress levels, etc. feels a little excessive to me! I do, however, think it's helpful to know how many miles you have run, the calories you are burning, and the number of steps taken. Just because your tracker has a hundred different features doesn't mean you need to use all of them.

The benefits of using a tracker far outweigh the negatives. While most devices are pretty accurate, there have been some cases where people have found that their fitness tracker isn't entirely accurate. This can be frustrating if you're trying to reach a specific goal or improve your overall fitness level.

## NO TWO PEOPLE ARE ALIKE.

Most wearables sold today use a one-size-fits-all approach, like the number of steps you should achieve each day or the average number of calories you should burn. However, what is right for you may be wrong for someone else. For this reason, some people may not be pushing hard enough or too hard, leading to overuse injuries. Adjust it to your own needs and for something that is comfortable and works for you.

## IMPROVED SAFETY

Many different types of wearable technology are specifically designed for safety.

- Smartwatches can automatically call for help if they detect that you've been in an accident.

- Children or elderly family members can wear GPS tracking devices so they can easily be located.



## DON'T STOP LISTENING TO YOUR BODY

When you are so focused on the numbers, it is easy to forget or even ignore your body's signals. When your body is feeling hungry or even too full, it is a good idea to listen to it. We have listened to our bodies for thousands of years, and it hasn't done us wrong over that time.

*I can't go out right now; my Fitbit is charging.*

Yours in Fitness,

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Helen's love of fitness began at an early age. She practiced dance and gymnastics as well as track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant and Senior fitness specialist.



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