

# **Fitness & Technology**

**By Matt Harmon, Jerry Michel, and Josh Heisler  
Marshall District Library  
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# Intro

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- Health & Diet Apps
- Health & Activity Training Apps
- Health & Fitness Devices

# Health & Diet

# Diet & Calorie Counters

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myfitnesspal

**Free Version** (Ads, Limited Features)

**Premium Version** (\$9.99/Month, \$49.99/Year)

- + Pretty User Friendly
- + Huge Database of Foods
- + Can be connected to step tracking devices
- + Tracks water intake
- More expensive premium version.



Lifesum

**Free Version** (Limited Features)

**Premium Version** (\$20.97/3 Months, \$47.88/Year)

- + Very User Friendly
- + No ads
- + Can be connected to step tracking devices
- + Tracks water intake
- Food Database is smaller
- More expensive premium version

# Smart Displays

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Google



Nest Hub / Nest Hub Max

**\$129 - \$229**

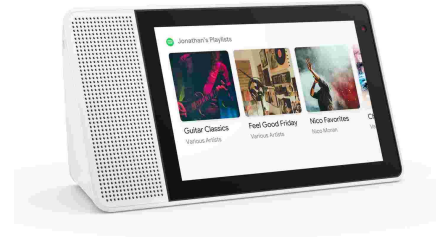
amazon



Echo Show

**\$89.99 - \$229**

Lenovo



Lenovo Smart Display

**\$199.99 - \$249.99**

# Health & Activity Tracking

# Route Trackers

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Nike Run Club

> Premium features free

- + Auto detects when you start & stop running
- + Audio guided runs
- + Integrates with Headspace mindfulness app
- Does not work with Fitbit products



UNDER ARMOUR

MapMyRun

> Premium features free w/ ads

- + Works with Apple, Samsung, Fitbit, Garmin
- + Connect Under Armour shoes to track fitness
- + World's largest fitness community
- No longer offers paid ad-free version



Fitbit MobileRun

> Premium features free

- + Located in a single app
- + Auto sync with Fitbit Coach
- + Gives summary of average duration, distance, calories burned over a period of time
- No longer offers paid ad-free version

# Workout & Training

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Nike Training Club

> \$14.99 monthly / \$119.99 annual / \$299 lifetime for premium

- + More than 180 different workouts
- + Offers tips on nutrition, wellness & mindfulness
- + Offers some workouts by celebrity pro athletes

- More expensive premium version



Fitbit Coach

> \$7.99 monthly / \$39.99 annual for premium

- + No equipment needed for most workouts. Mostly bodyweight Workouts.
- + Fit Test offers more tailored workout plans
- + Easier to jump in and get started

- Very limited free version



# Mindfulness & Meditation

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- 10 free sessions
- \$12.99/month  
\$96/yr  
\$399/life



- Free 30 day trial
- \$12.99/month  
\$59.99/year  
\$299/life



STOP, BREATHE & THINK

- 20+ free sessions
- \$9.99 monthly / \$58.99 annual

# Health & Fitness Devices

# Fitness Trackers vs Smart Watches

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## Fitness Trackers

- Less features
- Longer battery life
- Smaller compact size
- Texts & notifications

## Smart Watches

- More features
- Less battery life
- Larger size
- Apps for download
- Virtual Assistant
- Payments
- Phone Calls, Texts, Emails & notifications

# Fitness Trackers

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Inspire + Clip

**\$69.95 + \$19.95**



Vivoki

**\$59.99**

# Fitness Trackers

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Gear Fit2 Pro  
**\$199.99**



Galaxy Fit  
**\$99.99**



Charge 3  
**\$119.95 -  
\$139.95**



Inspire HR  
**\$99.95**



Vivofit  
**\$79.99**



Vivosmart 4  
**\$129.99**



Vivosport  
**\$169.99**

# Smart Watches

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Galaxy Watch Active 2  
**\$279.99 - \$299.99**



Galaxy Watch  
**\$279.99 - \$329.99**



Gear S3 Frontier  
**\$249.99 - \$299.99**



Versa 2  
**\$199.95**



Ionic  
**\$199.95 - \$249.95**



Watch Series 4  
**\$349 - \$379**



Watch Series 5  
**\$399 - \$429**

# Smart Scales

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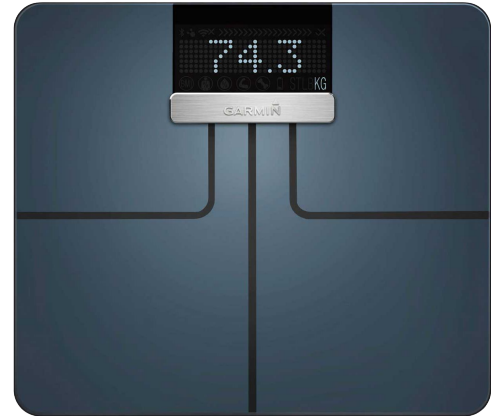
Aria 2

**\$129.95**



Aria Air

**\$49.95**



Index

**\$149.99**

# Questions?

