



MARK'S TIP OF THE WEEK

Do Fitness Apps and Trackers Work?





Fitness Apps and Trackers can be valuable tools, as long as you are using the correct tool for the fitness goal you are trying to achieve. Here are some points to consider if you are thinking of using a fitness app or tracker.

If your goal is to improve your level of fitness, then yes, an app or device to track your activity may be helpful. If your goal is to lose weight, a fitness tracker may not deliver the results you are looking for.

It is really hard to out train a bad diet. That means no matter how hard you train or how far you walk, you may not reach your weight loss goal if you do not have a supportive nutrition plan in place.

Before you spend money on a fitness tracker, check and see if there are any smart phone apps that measure your chosen activity. Purchasing a separate tracking device may not be necessary.

Exercise can be thought of as a deliberate attempt to improve strength, flexibility and/or aerobic conditioning, which are all important to your overall health. When you enroll in the Healthy Goals program, a ConnectCare3 health coach will help you design a realistic, step-by-step plan to improve your nutrition while incorporating a sensible fitness regimen to help you reach your goal.

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