

## Technology Changing Fitness

When it comes to getting or staying physically fit, there is no replacement for hard work. Advances in technology, though, have made the road to reaching your fitness goals more enjoyable and safer by:

### Keeping You Motivated

Getting up and out the door can be half the battle, or more, when you're trying to get in shape. Technology can provide a lift to those struggling to escape the couch or a tiresome exercise routine. Smartphone apps can serve as your portable inspiration by setting up training programs and measuring your progress against friends or your previous results. Exercise equipment is now outfitted with Internet, satellite TV and radio, so there is always a distraction when you run, peddle or step up to higher intensity levels.

### Making Exercise More Enjoyable

Getting in shape isn't always fun, but exergames can add excitement and variety into your workout schedule. Interactive video games, such as Wii Sports and Dance Dance Revolution, also incorporate a social element that can be enjoyed by practically anyone at any fitness level.

### Giving You Reliable Assistance

If you've been to a gym, you've likely seen some bad—and possibly dangerous—exercise techniques. You also may have heard about a diet fad or “can't miss” cardio routine from a “certified” personal trainer. With so much inaccurate fitness information out there, it's important to know where to find reliable advice. Apps and YouTube videos from qualified trainers, exercise physiologists and physical therapists are good places to look.

### Providing Real-Time Data

People want access to information whenever, wherever they want it. Wireless activity trackers provide real-time information for people who want to know the number of steps they've taken, distance traveled and calories burned.

### Additional Information

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