

# 6 Reasons Why a Wearable Health Tracker Can Change Your Life

Wearable health and fitness tracking devices are more than just a technology fad—they're the future of personalized healthcare!

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*Here are six reasons why wearable devices can reinvent the way that you understand your own body, leading to faster health improvements that stick over time.*

## Your Success Begins With Awareness

From steps and sleep to calories and cholesterol, it's nearly impossible to know where you stand without the ability to see the big picture. Alongside lab tests, wearable trackers and food journal apps can help you stay on top of your important numbers, which can help you make better choices, moment-to-moment and day-to-day.

According to a recent survey, 91% of Fitbit users report that the devices assist with awareness of activity levels, resulting in better ability to reach health and fitness goals!

## View Your Trends Over Time

Just as important as knowing your important numbers is to remain in-touch with trends in the data over time. Looking at long-term trends can help identify certain times of the day, week or month when triggers arise. These challenging moments may lead to poor decision-making about what to eat or how much activity to engage in.

Conversely, data trends will also show you just how far you've come so that you can celebrate major milestones and successes!

## Get Motivation Support

If you need motivation throughout the day, a wearable tracker may fit the bill. Health changes are hard to make when going it alone, and wearable health trackers can help provide the boost—or discreet reminders—that you need to meet your goals each day.

According to a survey, 90% of Fitbit users believe that the device motivates them to walk more, and 85% of users claim to take more steps now than before they started using their Fitbit tracker.

## Establish Day-to-Day Accountability

Wearable devices have become a motivator, statistician and physician-connectivity tool wrapped into one! Instead of trying to count steps taken or minutes of activity each day, let the wearable device do all the work for you. All you need to do is keep the device charged, wear it consistently and refresh the dashboard (on a smartphone or computer) when you want to view your progress.

## Reach Your Weight Loss Goals Faster

Weight loss is different for everyone and no one diet or meal plan fits all. Studies consistently show that keeping a food journal can double a person's weight loss efforts. The same studies show that people who track diet using an online tool or smartphone app lose an average of 15 extra pounds.

## “Hack” Your Body With Data

Once you reach your initial goals, you can take your health to the next level by leveraging wearable tracker data. With the device and a mobile app, you can really dig in and “hack” your body by studying trends, which will make it easier to know when your goals have been met and when it's time to set new ones!

*The road to better health is built incrementally and little changes really DO add up over time—but awareness is key!*

Ask your doctor for more information on bringing a wearable health and fitness tracker into your treatment plan today!