Reach Your Health & Fitness Goals with a Wearable Device

Use a smartwatch or fitness tracker to boost your health

Do you have a health-related goal or New Year's resolution you want to achieve? Maybe you want to:

- Lose weight
- Be more active
- Eat healthier
- Walk 10,000+ steps per day
- Improve sleep habits
- Drink more water

If you want to improve your health and fitness in 2022, put your smartwatch or fitness tracking device to work.

More people than ever are turning to wearable technology, ever since the rise of COVID-19, gym closures, mask mandates, and social distancing.

And research shows wearable devices can help you be more active and make healthier choices.[1] "Tech devices are now central to our daily lives,"

says American College of Sports Medicine President Dr. Walter Thompson.

"They have changed the way we plan and manage our workouts. They provide immediate feedback. They can make you more aware of your level of activity and motivate you to achieve your goals."

Ready to get started? Set a goal. Then use your smartwatch, fitness device or mobile app to start tracking your daily habits and things like:

- Steps per day
- Calories per day
- Minutes of physical activity per day
- Sleep duration, and more

You'll be able to track your progress, make adjustments along the way, and stay motivated to reach your goal.

MORE

Fitness trackers + weight loss https://tinyurl.com/yc2t4fmt

Be Kind to Yourself to Prevent Heart Disease

Mindfulness and self-care lowers risk for heart disease

Ever feel like you're always "on" and there never seems to be a break?

You know…you wake up early, work all day, stay up late, and do it all over again. But there's never enough time to take care of yourself.

Or maybe you're worried about the uncertainty surrounding COVID-19, vaccines and the spread of the omicron variant. It's a stressful way to live.

Here's the thing…living with chronic stress is a risk factor for heart disease, a leading cause of death in the United States that claims the lives of 659,000 people a year. But it doesn't have to be that way.

6 self-care habits to keep your heart healthy

In a recent study, researchers found a simple and low-cost way to lower the risk for heart disease: Be kind to yourself.[2]

People with regular self-care habits had healthier arteries and less plaque build-up linked to heart disease and stroke, too.

"We are all living through extraordinarily stressful times," says lead researcher Dr. Rebecca Thurston. "Our research suggests that self-compassion is essential for both our mental and physical health."