

Can Fitness Trackers Aid Weight Loss?

by Sally Phillips

Smartwatches, fitness trackers, and the popularity of fitness apps have grown dramatically in recent years. Technology has come a long way and is continuing to develop at a great pace. This expanding market is [worth a vast amount of money](#) and predictions are that this will keep rising. There has been a lot of research into the advantages of fitness trackers but the biggest question remains, does wearable technology help people lose weight?

Wearable Technology Fitness trackers have reached a point where they can now track your steps, gauge how many floors you've climbed, [calculate the calories you have burned off](#), and how long you have been active. There are trackers that can tell you how long you have slept and also monitor the quality of sleep. All of this information and more can then be automatically synced to phones, tablets or computers, to show you the data. With all of this technology available, weight loss should be a given surely?

Some of the latest research has shown people have varied levels of success when it comes to weight loss when using trackers. Does it Work? The quick and easy answer is yes, it does work. The latest research shows that people using these devices do lose weight, but results vary depending on how much and how effective the trackers are. Some people have shown enhanced weight loss without using them.

The crux of the problem appears to be the lack of research done before purchasing a fitness tracker and then adapting your routines to the device's specifications. What Does The Research Say?

There is such a variety of [different fitness trackers and wearable technology](#) available now, that choosing the right one is paramount. Your chosen technology should support your chosen exercise and offer ways of enhancing your enjoyment from it. If you are a runner, then technology that accurately calculates your distance and pace, alongside tracking where you have been, with the option of sharing this information, could be ideal. But some research has suggested that there are people who rely solely on the fitness tracker. But although the technology is great, it should just be used as a tool.

Get the Best Results

The best weight loss and improved fitness results require a multifaceted approach. Improved nutrition alongside more regular physical activity will show benefits. Fitness trackers can be a major help in this and should be viewed as such. If sharing your statistics on social media inspires you to keep going, that's fantastic. If knowing the pace you are running or seeing that you managed to have a healthier heart rate and better recovery, well that's great too. This is the benefit of the technology and should be embraced wholeheartedly.

Sally Phillips is a professional freelance writer with many years of experience across many different areas. She made the move to freelancing from a stressful corporate job and loves the work-life balance it offers her. When not at work, Sally enjoys reading, hiking, spending time with her family, and traveling as much as possible.

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