I chose to do my presentation on FitBit because it interested me and I wanted to learn more about it. I like the concept and the practicality of the fitness tool. Not only does this fitness band track your progress throughout the day, there is an app that goes with it which you can download to your phone and use it to guide you throughout the day and set personal goals. It is very user friendly. This band can be compared to many others such as the Garmin or the Apple Watch. Because of the controversy of which band is better, I wanted to dig deeper and see which one truly is the best.

I learned how it measures your heart rate, steps, calories and sleep. It determines your heart rate by using purepulse technology when you’re resting and when you’re doing any type of activity. It determines how many calories you burn by figuring out your basal metabolic rate also known as your BMR. Your BMR consist of your age, gender, height and weight. It determines your steps by your BMR and by how consistent you are when you workout such as walking, jogging, or running. Sometimes it will inaccurately add steps depending on what you’re doing, so if you’re pushing a cart it might not count some steps because you are not swinging your arms, or if you are walking on plush carpeting it might too soft to count your steps.

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