**Fastrack Fitness Band**

Fitness has become increasingly prominent today. There are various articles today that have made staying healthy an easier task. One such gadget is the fitness band. When it comes to fitness bands, the Fastrack fitness band is one of the best out there. Precise and easy to use, the band is everything you could ask for.

The band is lovely, with two color combinations- orange and blue. The silicone strap makes sure that you get a good fit. The band is not heavy but comfortable and light to wear. There are several smartwatch features in the Fastrack fitness band. The band tracks your steps, distance, and calories. It also tracks your sleep and gives notifications of calls and messages.

There is an OLED display and a ten-day power back up. Other features include alarm, vibration, sedentary reminders, and water resistance. It shows compatibility with both Android and iOS. All this and more at a very affordable price! You also get the quality and backing of Fastrack.

**Amazon Guide**

Whenever you buy a product, you must gather as much information as you can about it. It is essential to compare the various features of different products to buy what's best. You should be familiar with the upsides and downsides of purchasing a product. It is essential to inquire about the recommendations, reviews, and opinions of people. Here we have listed some features that you need to look out for when buying your fitness band.

**Heart Rate Monitor**

The heart rate monitor is a critical feature in any fitness band. You need to look out for its presence on the gadget that you buy. Earlier the heart rate monitors were present only in some fitness bands. However, more and more gadgets today have started to make use of this particular feature. It is crucial to monitor your heart rate because it gives a better idea of the number of calories that you can burn in a day. It displays the digits of your target heart zone so that you maintain the intensity of your workout. It is crucial that you gradually keep-up your heart rate without letting it get out of control.

**Exercise Recognition**

You don't always follow only one kind of exercise routine. Various activities become a part of your workout regime. There should be some kind of activity sensors on your fitness band. This is important so that multiple activities such as- running, cycling, swimming, or walking and aerobic exercise may be detected. The number of calories you burn and your ongoing heart rate is mainly dependent on the exercise that you do. Thus, detecting any such change in activity becomes crucial over time. If you have an automatic detector in your fitness band, you will not have to enter the activity you are performing manually.

**Integration With Your Smartphone**

Your fitness band will almost always be integrated with your phone. It is vital to make sure that you can avail of the maximum number of integrations with your mobile phone. Different fitness bands offer different kinds of features on your phone. Some give you texts or calls; others respond to text messages and allow you to make calls. Some smartwatch features even allow you to control your music. When you buy your Fastrack fitness band, you need to understand how many features it can integrate with your phone. Different versions have different facilities which they offer. You have to choose what best fits your needs.

**GPS**

Most fitness bands only offer the number of steps you have taken. However, some bands also come with the feature of GPS tracking. GPS tracking becomes essential when you have to know how much distance you have covered in a day. Your routes may be tracked by your fitness band, and you can even get information about your pace and rate of walking/running.

**Movement Reminders**

Some fitness bands come with this added benefit. Whenever you have been still for too long, you can be reminded by your watch to move and start your exercise. If you are someone who sits on their desk for too long, then this might be a fantastic feature for you. The watch shall give you a light buzz every time you have been static for too long, and this will help you start your routine.

**Conclusion**

There are various features that you need to look out for when buying your fitness band. The basic ones, along with some advanced features, have been mentioned above. This is just a general guide to the kind of watch that you might want to buy. Make sure that you have a close look!