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Fitness at the Flick of your Wrist

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Keeping fit is easy when you can track it with the flick of a fitness tracker. Which one is the best fit for you? Introducing Misfit, the elegant way to track steps, laps, and REM.

I admit I was a skeptic when most of my friends were sporting a thick, not very attractive piece of technology on their wrists. Something clunky looking that I think should be hidden was not motivating me to get out and buy one.

That is, a friend introduced me to Misfit, an elegant watch look alike that I was intrigued with. Available in an assortment of colours, the flat round face fits seamlessly into any attire, and when it is synced to your smart phone and set up, you can track the number of steps, or swimming laps you do daily. You set your own goal and then sit back and wait for the congratulatory messages from Misfit “you are an overachiever” having not only met, but

exceeded your goal. One friend keeps resetting her Misfit to up her steps to a crazy amount so she is walking miles every day, challenging herself further and further. I am considering setting mine back to about nine steps a day so that by the time I have gotten out of bed and walked to the bathroom, my goal has been reached.

Never thinking I get enough sleep, I keep my Misfit on all night and see that I actually get more sleep than I think. It tracks restless sleep, awake times, and regular sleep, giving you a summary every morning. Set realistic goals that help you achieve your fitness dream and the flashing lights tell you how many more you need to go. When you have reached all your steps, and you tap onto the face, it lights up around and around in a circle. Both my granddaughters call the lights "the happy dance."

For more information, go to www.misfit.com.



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