

## TECHBYTES

### The Most Burn for Your Buck



Any weight management consultant will inform you that the first step in achieving your desired weight goal is to simply be aware of how much your daily activity, caloric intake and sleep patterns are correlated with weight gain or loss.

Beyond correlation, it's a matter of quality and degrees: What kinds of activities are making the most impact on your weight status? Are you taking in too many carbohydrates and not enough fiber? Could your protein intake use a boost? And are you truly have a restful sleep at night?

More importantly — are you keeping track of all of this?

The BodyMedia FIT system goes beyond mere calorie counting to give you highly accurate information, synthesis and analysis on all of the above. It's a

clinically proven holistic weight management system consisting of the BodyMedia FIT armband monitor, an online activity manager, and, for iPhone or Android smartphone users, free downloadable apps. The armband automatically captures the calories burned during your daily activities — from exercise to yard work to watching television — and monitors your sleep efficiency.

The information tracked can easily be managed with BodyMedia's online activity manager. Add in the easy-to-use food log and a detailed nutritional breakdown and you have all the information you need to navigate your weight management plan — and get to know your body better.

Starts at \$179.95 plus a monthly subscription.  
[www.bodymedia.com](http://www.bodymedia.com)