





SPORTS AND FITNESS

PERFECT FOR: THE HEALTH NUT

This year, give the gift of data to the health nut in your life. **BodyMedia FIT BW** is a sensor-filled armband that gives you highly accurate information about your physical activity, number of calories burned, and even sleep patterns. The "BW" version has added Bluetooth wireless technology, which connects to your smartphone and provides a realtime look at the data. The system is ideal for those managing their weight or looking for a way to track daily fitness goals. [S249 www.bodymedia.com]



BUDGET

LIKES: Bluetooth connectivity for realtime data; Online Activity Manager gives deeper insight into data reads; sophisticated armband sensors provide accurate calorie burn

DISLIKES: Uses a sleep/wake algorithm to measure sleep patterns, accuracy may vary depending on the person

PERFECT FOR: THE RUNNER

This year, Nike took it up a notch. The company's Nike+ system has already taken the running community by storm, but its **Nike+ SportWatch GPS**, powered by TomTom, is poised to run circles around its competition. The SportWatch GPS is simple and intuitive, captures accurate location data, and most importantly, it keeps track of runners' pace, distance, time, and calories burned. [S199 www.nikeplus.com]



STEAL

LIKES: One-year limited warranty; weighs just 2.33 ounces; Nike+ shoe sensor and Nike shoes are not required (but a good option in case you lose GPS connection)

DISLIKES: Intuitive sensors keep track of vitals, but uploading data requires USB connection

PERFECT FOR: THE ATHLETE

Athletes don't make excuses, and neither does the **Garmin Forerunner 610 GPS Fitness Monitor**. The 610 displays run stats with a tap or swipe of its touchscreen. After capturing a workout in realtime, the device uses ANT+ technology to wirelessly upload the new data. With advanced training features such as realtime pacing and GPS location-finding tools, Garmin's latest Forerunner is the perfect gift for runners looking for some serious technology. [S349.99 www.garmin.com]

LIKES: Wirelessly uploads data when within about 10 feet of computer; uses GPS for realtime navigation, not just route mapping; realtime pacing feature

DISLIKES: High pricepoint compared to Nike+



SPLURGE

GPS

PERFECT FOR: THE HIKER

Tie a bow around a **Garmin Rino 530HCx** this year, and your hiker will unwrap a heavy-duty two-way radio with 14 hours of precise GPS navigation, plus a barometric altimeter and an electronic compass. The device provides five watts of GMRS transmitting power, which keeps you in touch from up to 14 miles away. The Rino's position-reporting feature makes sure no one in your group gets lost by plotting each Rino user's location on a map. [5499.99 www.garmin.com]

LIKES: Waterproof; microSD card slot for expanded memory; high-sensitivity GPS receiver

DISLIKES: No built-in memory

SPLURGE



PERFECT FOR: THE OUTDOORSY TYPE

Bushnell's latest personal GPS device, the **BackTrack D-TOUR**, fulfills your basic navigation needs and is still incredibly easy to use. Long after your smartphone has lost service, D-TOUR will point you back to where you started via simple direction and distance information. BackTrack D-TOUR stores up to five locations, plus offers time, temperature, altitude, and latitude/longitude coordinates. [5119 www.bushnell.com]

LIKES: Available in red or green; weighs just 6 ounces; logs up to 48 hours of trek data

DISLIKES: Must be connected via USB to upload/download data

STEAL



PERFECT FOR: THE COMMUTER

You probably need to buy a gift this year for someone who drives. Therefore, consider the **TomTom Go 2505 M Live** portable navigation device with HD Traffic. TomTom's all-new HD Traffic service provides realtime traffic updates every two minutes, giving drivers comprehensive travel information for all major roads. Go 2505 M Live has a 5-inch glass touchscreen, Bluetooth compatibility, and a cool click-and-lock magnetic mount. [5349 www.tomtom.com]

LIKES: Supports Bluetooth hands-free calling; intuitive voice recognition; updates traffic every two minutes

DISLIKES: Limits free map updates to four per year

BUDGET

