

Effective use of activity tracker for Health Benefits

The popularity of wearable activity trackers has grown considerably over the past few years. People have become more interested in monitoring and better understanding their health through the self-collection of data. In the IHP Seminar Series on the 25th of May, Exercise Specialist, Yenkit Man, discussed what activity trackers are and how the use of this new technology can benefit our health.

Starting off the seminar, Yenkit explained the dangers of a sedentary lifestyle, which leads to an increased risk of obesity, diabetes type 2, cancer, cardiovascular diseases and even an increased risk of an early death. In order to maintain a healthy level of physical activity, the World Health Organization recommends at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity per week. Furthermore, Yenkit gave some guidelines on how to be more physically active and how to calculate the energy expenditure for weight management purposes.



Yenkit continued the seminar with the introduction of the use of activity trackers, devices that track and record daily health related data. Most activity trackers monitor the number of steps you've walked, utilizing this data to determine the amount of calories you have burnt. Activity trackers come in various forms, yet designed to be easily worn like bracelets or a clip-on. With the use of mobile phone apps, you can also turn your smartphone into an activity tracker.

Activity trackers give users a clear insight regarding their daily physical activity and health status. As the fitness level and goals are different for all people, most activity trackers offer individualized workouts, tips, and goals. With information about your own daily progress and rewards for achieving certain goals, activity trackers motivate people to become more active. Activity trackers also offer the ability to connect and share these achievements with friends and family through social media, helping you to engage them in an active lifestyle. Technology nowadays allows you to track multiple areas of your health. Besides counting your physical activity level, activity trackers can also track your heartrate, diet and sleep. With just one simple gadget or app you will be able to easily collect all sorts of data surrounding your own health.



At the end of the seminar, Yenkit gave some tips on how to select the right activity tracker, advising the participants to consider the functionality and the price, but also to try-out a free app on the smartphone first. To demonstrate this, Yenkit explained how to download and install a free application from the internet on the smartphone, enabling the participants to experience activity tracking for health benefits.