

There are some safety precautions one should take when using a fitness tracker. Ensuring that your tracker is removed from oneself while sleeping to ensure that exposure of frequency waves stays low. Also, wearing the tracker on your wrist and not the waist helps keep the radiation and frequency low to vital organs. Thirdly, those with implantable devices be advised that the switch; which is magnetized; can interfere with their operation (Asher et al., 2021). Lastly, ensure that all data is password protected and it is not given out. A fitness tracker is to be used for counting steps, estimation of calories burned, heart rate tracking, sleep monitoring, GPS maps and tracking, notifications and even phone calls. One can even set fitness goals and utilize that to ensure you stay on track. Each fitness tracker is different with ultimately the same goal: getting fit and better health. Some limitations exist within fitness trackers that can be unavoidable. One is the accuracy of the numbers. It may be best to keep a journal of calorie intake, and exercise calories burned just to compare. There have been times when some have become obsessed and very reliant on the trackers which can lead to an unhealthy addiction if goals are not met on a day-to-day basis. Having a fitness tracker is not a necessity, some may consider it a luxury due to the cost. Trackers can cost anywhere from \$80 - \$1000, depending on brand, series and function (Doctors Finder, 2023) .

Safety Precautions and Appropriate Use

Features and Functions

The core function of fitness trackers is to measure and collect data about one's movements and physical response to movement. This helps reach one's fitness and health goals and can improve their well-being. The benefit of fitness trackers is that one can be in better health and decrease one's risk for diseases such as diabetes, cardiovascular events, strokes, etc. Along with that can come better sleep, glucose management, calories, and activities. Over time one will be more motivated to work out and participate in activities (Alexander, 2023). Additional features of a fitness tracker are making phone calls, and messages, checking emails, listening to music, and even having GPS tracking. However, not all fitness trackers are created equal, and depending on the brand and type these features may be limited.



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