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Get your geeky Christmas gift ideas here

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With Christmas steadily approaching, Terraillon compiled a list of what it thinks are the top connected wellbeing gifts this Christmas for that special someone who's a bit of a geek or lover of all things healthy.

The health nut

The NutriTab is a connected, nutritional kitchen scale which enables a clear and precise monitoring of your daily energy intake. This smart scale is linked to the Wellness Coach mobile application and calculates the nutritional value of every food item you weigh (calories, carbohydrates, lipids, proteins, fibres and sodium). This is especially useful for those on a diet.

Product info [here](#).

For the fitness buff

Discreetly designed, the Acti-T Band is worn on the wrist and supports its users in all their physical activities to help them accomplish their fitness goals. Thanks to the Wellness Coach application, users can monitor their progress directly on an OLED screen, synchronise their data on the application and share their results on the move.

Product info [here](#).

For the body analyser

The R-LINK is supposedly the thinnest scale in the world (10mm thick). It helps you to monitor your weight and analyses body composition: muscle mass, fat, water and bone mass. This connected scale is convenient for those on a diet who want to check they are losing body fat while maintaining muscle mass. Then all data are synchronised with the app to monitor users' progress. R-Link can be connected with eight smartphones simultaneously which is handy for families.

Product info [here](#).

For the design lover

Ingenious in its own right, the satellite Easy View screen display is placed at eye level for easier reading of results. In addition, the satellite screen is multifunctional as it displays time, date, room temperature, and is equipped with a timer. With its Bluetooth Smart function which facilitates low energy consumption, the collected data are automatically synchronised with the Wellness Coach mobile application to help users track results easily.

Product info [here](#).

