



YOU & IMPROVED

Tried & tested **FITNESS TRACKERS**

One of these handy gadgets could be your new fitness BFF



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Best for: STYLE

Nokia Steel HR, £169.95, John Lewis
Looks like a super sleek watch, as well as being water resistant and boasting a 25-day battery life.



Best for: SLEEP TRACKING

Polar A370 fitness tracker, £170, JD Sports
Offers continuous heart rate tracking and sleep analysis so you can track your whole day-to-day routine.

Best for: SUBTLETY

Terrillon Activi-T Band, £49, Argos
Discreetly designed so ideal if you're looking for a subtle accessory. Connected to the Wellness Coach app, you can monitor your progress and share results.



Best for: GETTING PERSONAL

Fit Bit Ionic, £299.99, Currys
Not just a tracker, this is practical too; you can use it for contactless payments and GPS tracking.



Best for: STAYING CONNECTED

Garmin Vivosmart Activity Heart Rate Tracker, £140, Tiso
Connects to your phone so you can receive texts, calls and notifications during your work out.



Best for: FOOTBALL

Playertek, £149, amazon.co.uk
If a kickabout is your exercise of choice, this is for you. Winner of Wareable's 'Specialty Sports Wearable of the Year' 2017, the pod fits into your sports vest and gives you all the fitness and footy stats via your phone.



Best for: BUDGET

George Fitness Watch, £18, Asda
Small in price, large in life. This measures calories, steps, sleep and distance. Plus, set up alerts and reminders you to keep you on track.

Why Now loves it
it even has an anti-theft device.

Best for: CYCLING

SmartHalo, £159.99, smarthalo.bike
Attaches to your bike, showing you the quickest and safest routes, plus it lights the way at night as well as tracking and analysing your fitness.

