

5

Must-Have WEARABLES To Help You Live A HEALTHIER LIFESTYLE!

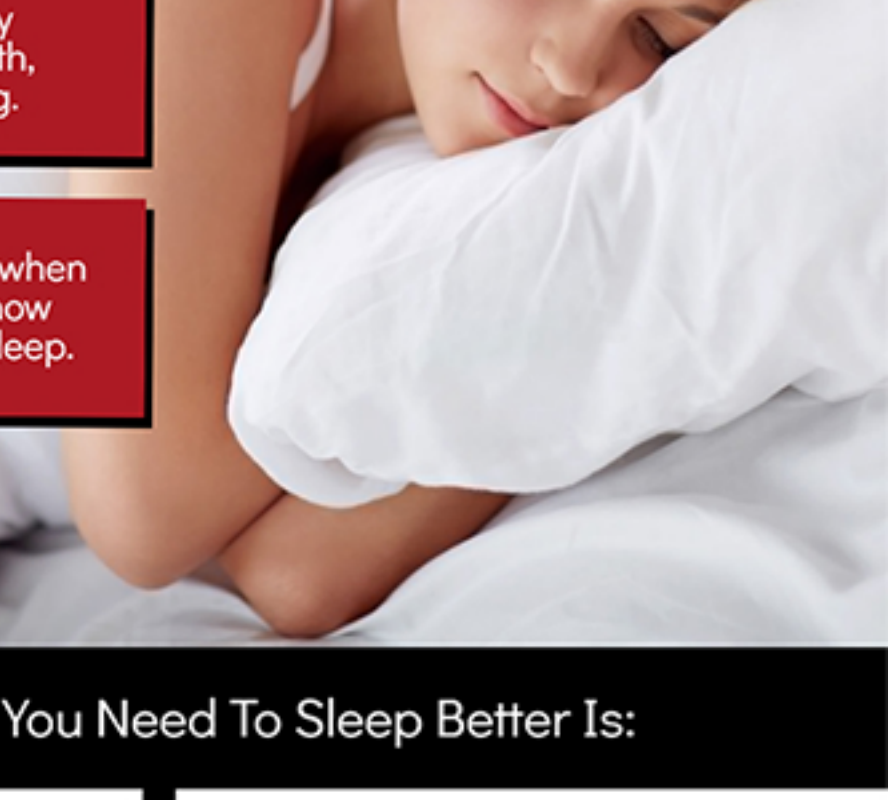


1

Sleep Through The Night Peacefully

Research shows sleep is very important to brainpower, health, beauty and overall well-being.

Sleep trackers usually measure when you fall asleep, wake up and how much time you spend in deep-sleep.



The Wearable You Need To Sleep Better Is:



Pebble Time

Pebble Time automatically tracks your bed time, displaying sleep, deep-sleep, and the times when you fall asleep and wake up.



2

Easily Get Rid Of Stress

Stress might lead to heart diseases, obesity, diabetes, gastrointestinal problems, headaches, anxiety – and even asthma.

It reduces your focus level, leads to bad sleep and decreases emotional well-being.

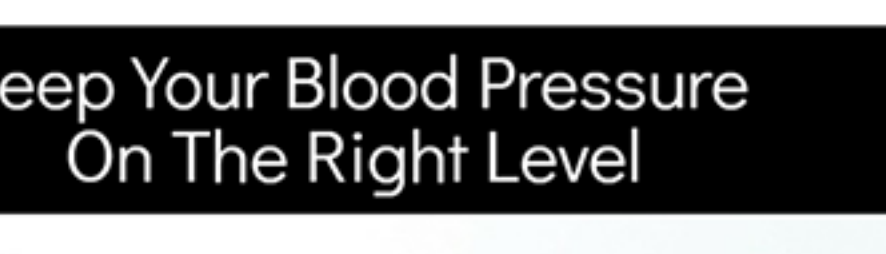


The Wearable You Need To Relax Is:



PIP

PIP is a smartphone app that helps you learn how to reduce stress by having you transform a depressing scene into a happy one and giving you tips along the way.



3

Keep Your Blood Pressure On The Right Level

Hypertension is one of the most common chronic conditions throughout the world.

In the United States, nearly 80 million Americans have high blood pressure.

Source: www.imedicalapps.com



The Wearable You Need To Normalize Your Blood Pressure Is:



Withings Blood Pressure Monitor

Withings consists of a device and an app that connects through Bluetooth and measures your heart rate, blood pressure and also counts the steps you take weekly.



4

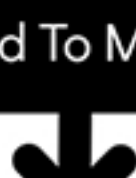
Manage & Track Your Weight

It is commonly known that obesity might lead to heart diseases, diabetes, high blood pressure and even stroke or cancer.

On the other hand, being too skinny also leads to health problems such as anemia, low immune system or fertility issues.



The Wearable You Need To Maintain Your Weight Is:



Fitbit Aria

The device tracks your weight and body fat percentage - preferably daily - and uploads the information to a cloud-based account over your home Wi-Fi network.



5

Exercise The Most Efficient Way

According to the US National Cancer Institute, leisure-time physical activity is associated with longer life expectancy.

And it does not matter whether you like to use the treadmill, do cross-fit or aerobics, some healthcare wearables can help you make the most of the exercises.



The Wearable You Need To Exercise The Right Way Is:



GymWatch Fitness Tracker

Worn on the arm or on the leg, it helps you build muscle in the correct way and makes sure you are completing those reps properly.



Infographic By

Howard Fensterman Charities

Health, Well Being and Charitable Donations for Our Community

www.howard-fensterman-charities.com