

Module 9: Vehicle Information Center

Topic 1 Content: Technology and Tracking Your Fitness

Introduction



Click on each of the circular markers below to learn about different technological tools that can help you reach your nutrition and exercise goals. While none of these technological resources should replace the advice of a doctor or other trained medical professional, each can support and enhance your personal nutritional and fitness plan.

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Mobile and Web-Based Applications

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Mobile and Web-Based Applications

- These pieces of software can be downloaded and used on a computer, a smartphone, or similar mobile device.
- Fitness apps keep track of your workout routine or introduce you to new exercises.
- Nutritional apps focus on eating healthy and calculate your ideal caloric consumption.
- Some nutritional apps suggest meal plans.
- There are many different options to choose from.
- The price ranges from free to a few dollars.

Applications, or apps, are pieces of software that can be downloaded and used on a computer, a smartphone, or similar mobile device. Many of these apps focus on fitness and nutrition. Fitness apps usually allow you to keep track of your workout routine. Others may introduce you to new exercises.

Nutritional apps are usually focused on eating healthily. Some calculate your ideal caloric consumption for one day, based on factors like your height, your weight, your age, and your health goals. Some nutritional apps suggest meal plans to help you maintain your ideal caloric intake.

There are many different options to choose from, so find one that helps you maintain a healthy lifestyle. The price of these apps generally ranges from free to a few dollars.

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Fitness Video Games

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Fitness Video Games

- Recent innovations in video games have made it possible to play while being active.
- Modern systems can monitor your movements and translate them to the avatar on the screen.
- There are many types of fitness games available.
- Some examples include: dancing, bowling, boxing, running, yoga, and archery.
- These games provide you with exercise, entertainment, positive feedback, and reinforcement.
- They allow you to set and track health-related goals from your home.

Although it can be argued that playing video games excessively contributes to weight gain, recent innovations have made it possible to play video games while being physically active. Modern gaming systems can monitor your movements and translate them to the avatar on the screen. There are many fitness games available, which allows you to participate in an activity that maintains your interest. A few popular examples include games focused on dancing, bowling, boxing, running, yoga, and archery.

Fitness video games can be a great tool for your exercise routine. These games provide you with exercise, entertainment, positive feedback, and reinforcement. As an added benefit, fitness games conveniently allow you to set and track health-related goals from your home.

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Pedometers and GPS

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Pedometers and GPS

- These devices record your time, speed, and distance when walking, running, or cycling.
- Some give you audio feedback during your workout.
- GPS systems are also available as a watch.
- Can provide information such as: heart rate, calories burned, mileage, steps taken, and elevation.
- You can map out your walking, running, or cycling route.
- Search online for “map running,” “map walking,” or “map cycling” for websites to help you plan your route.

Pedometers and global positioning systems (GPS) record your time, speed, and distance when walking, running, or cycling. Some devices give you audio feedback during your workout to keep you motivated. GPS systems are also available as a watch, and can provide you with information about your current heart rate, calories burned, mileage per hour, steps you have taken, and current elevation.

If you are not ready to invest in a GPS or pedometer, you can still map out your walking, running, or cycling route. Searching online for “map running,” “map walking,” or “map cycling” will provide you with several websites designed to help you plan an outdoor running, walking, or cycling session. These sites require that you enter your location to provide you with an aerial map on which you can track your planned route and mileage.

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Websites

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Websites

- Some websites allow you to keep track of your progress.
- Other websites have information about the nutritional value of your food and offer healthy alternatives.
- If you are bored with the same foods or the same exercises, search the Internet for a change.
- You can find healthy recipes or exercises that specifically meet your fitness goals.

There are countless websites that can help you reach your exercise and nutritional goals. These sites allow you to keep track of your progress by entering your body measurements, daily activity, and diet. There are also websites that contain information about the nutritional value of your food and even offer healthier alternatives to popular foods.

If you become bored with eating the same foods or doing the same exercises, search the Internet for healthy recipes or exercises that specifically meet your physical fitness goals. For instance, if you want to build leg strength, you can find exercises focused on leg strength training.