

Why Wearable Fitness Trackers Don't Need To Be Just As Useless As They Appear

Wearable fitness trackers are featured on many Christmas lists this year, with many different models coming out just in time for the festive season. What can the most recent research tell us about their effectiveness?

Fitness trackers are trendy

Today, around one-in-five people have one of these wearable's and around a quarter of people use a mobile app or website to track their activity levels and health. Sales are expected to rise in the coming five years.

The landscape of the market is constantly changing. Fitness trackers are mostly taken up by younger people around one in four aged 20-40 have one in their possession, compared to just one in ten people aged 60 or older.

However, companies are working to make this change by adding features that allow users to keep track of not just their fitness levels, but several other aspect of their health.

For instance, the latest wearable devices from all the leading manufacturers claim to measure many medical parameters, such as blood pressure, body fat, the level of oxygen that's in your blood, your heart's activity and even tell you if you've taken a fall (with the ability to let you call for help).

Wearables are the best way to get started.

First, many studies have looked into the accuracy of fitness wearable monitors to measure physical activity , such as the number of steps taken, heart rate and calories burned. The results show that the step count is generally accurate while the heart rate and calories burned are reasonably exact. Whenever you want to find out the latest information about exercise tracker, you must check apnews.com/press-release/kisspr/technology-business-health-biometrics-mobile-phones-3e2b6055f75c522e93d498b3fa5039e9 site.

When participants in the study wear two different fitness trackers at the same time, the numbers of steps, minutes exercise and calories burned aren't exactly identical, but they're in a relationship.

In other words, when one rises, it also increases the other and reverse. They're capturing the same information but with a slightly different sensitivity.

A more advanced tracker is also possible.

For the detection of falls, scientists are working on wrist-worn devices that are able to accurately detect falls with accelerometer technology. It is the same underlying technology used in

wearables. The technology is available but it's not clear whether the promising lab results can be translated into precision in commercial wearables.

Meanwhile, the newest Samsung watch is said to measure blood pressure and body composition. Bioelectric impedance analysis is one method to measure body composition.

When a user is able to touch the watch with the opposite hand, the watch sends an electrical signal that is weak through the body before returning to the watch. The body's composition is determined using algorithms and the weight that was manually entered by the user.

At the moment, there's no data in the scientific literature to prove the accuracy of these measurements. We'd suggest taking them with a pinch of salt. However, just a few years ago the same critique was given to electrocardiograms taken from wearables and these are now proven to be valid.

In terms of accuracy and efficiency the fact that wearable users generally are satisfied with their wearables. If you decide to receive one of them in your Christmas gift basket this year, bear in mind that it might help with those New Year's fitness resolutions.