

HEALTH FEATURE

# Digital Fitness

6 smart digital health and fitness solutions

Thousands of today's forward-thinking tech companies are finding innovative ways to keep people engaged and motivated as they endeavor to get fit and healthy... and stay that way. However, with such an extensive and comprehensive field of modern-day health-tech options, it can be overwhelming to hone in on which are worthy of working into your daily lifestyle. With that in mind, here are six savvy digital diet and fitness solutions that are sure to help you shed those stubborn pounds, tone those muscles and increase your endurance easier, more effectively and with increased sustainability.

**Tonal Intelligent Home Gym**  
(www.Tonal.com)

Created by former Apple, Nest and GoPro engineers and designers, Tonal is the world's first machine learning-powered strength training system. This intelligent home gym pairs on-demand workouts and personal coaching with a first-of-its-kind, at-home, wall-mounted fitness system that you really do need to see to fully understand and appreciate. So, hitting the website to watch the intro video is worthwhile. It's like having a personal trainer plus an entire gym in the convenience of your home—but one that is super-sleek, taking up very little space and boasting a "wow" factor unlike any other all-in-one I've seen. It features digital weights to help you achieve your goal, whatever that may be: to lose weight, gain strength, build muscle, boost energy, improve your performance or maintain your fitness. As a virtual personal trainer, expert-led programs and full body workouts are available on this device's digital display. Virtual coaches will guide you step-by-

step. Tonal supports hundreds of moves and 200 pounds of resistance so you can skip the gym without compromising your workout. Additionally, its artificial intelligence capabilities take the guesswork out of strength training. This device actually learns from your body and adapts guidance in real-time, so you see results faster. Service-wise, similar to Spotify music's family plan, with Tonal, you can have unlimited users per household so everyone from mom and dad, to teens and even visiting friends and grandparents can strength train.

**BINGE Networks' Fitness Channel**  
(www.BingeNetworks.tv)

BINGE is a broadcasting platform offering a convenient way to find a variety of fitness classes all in one place. They feature an array of fitness, health and life coaching shows allowing you to do yoga, pilates, weight training and even get your mind in shape. With BINGE Networks, you can work out where and when you want with expert-driven programs that you can do at home, and that also travel with you. Users can stream the content from a SmartTV, tablet, smartphone or laptop from over 90 premium platforms like Roku, Apple TV, Amazon Fire TV, Google Play, Sony, Samsung, Sharp, Tivo, Philips, Sanyo, Panasonic, iVC and Toshiba. The first week of access to the BINGE Fitness platform is free using code "FIT" and then access to the service and its content thereafter costs \$24.95 per year. **Amazfit GTS SmartWatch by Huami** (www.us.amazfit.com)

Huami recently announced the launch of its newest smartwatch, the

Amazfit GTS. This device is powered by Huami's Bio Tracker optical sensor, which enables 24 hours of uninterrupted, high-precision heart rate monitoring with detailed data and abnormal value detection warnings. In both the watch and the app, the data is clearly displayed for an easy understanding of the heart rate data patterns. With the app, users can also customize the classification of their heart rate and receive an alarm when the bpm values are out of range. All recordings are saved and can be seen in the app and can be shared. The device also integrates multiple health management features such as sedentary reminder, calorie consumption, sleep analysis and more. All these features, if used as an integral way to manage the user's health, can surely help people to maintain a healthy lifestyle and improve their overall well-being.

With the six-axis acceleration sensor, the Amazfit GTS becomes an ideal companion for sports and workout. It comes with 12 different sports modes including outdoor running, treadmill, walking, outdoor/indoor cycling, elliptical trainer, pool/open water swimming, mountaineering, trail running, skiing and exercising. Once the activity is finished, the smartwatch displays all the data collected like pace, calories, BPM range, altitude, time and much more. This new model comes in six different colors and with a 50 meter depth water resistance. Its techy and modern looking style comes with a vivid silicon strap, a thin 9.4 millimeter body for maximum comfort and the battery can last up to roughly 14 days. It also allows users to stay connected thanks to the mobile smart notifications, find-my-phone function,

**Methodology Healthy Food Delivery**  
(www.gomethodology.com)

Methodology is a web-based, wellness-focused subscription service that offers ready-to-eat meals, with menus crafted by a team of chefs and nutritionists dedicated to maximizing health benefits while also making the food delicious. So, this is a great Internet-driven solution for those who find themselves too busy to make good, wholesome meals at home—whether every day or intermittently, as needed. Methodology distinguishes itself from other meal services on the market based on five parameters for using food to improve beauty, strength and well-being: (1) Eat food you love; (2) maximize nutrient density; (3) avoid

superfood meals that are ready-to-eat and can be reheated in a microwave or on a stove top in less than five minutes—all prepared and also refined-sugar, gluten and processed ingredient-free. Grass-fed ghee is the only form of dairy they currently use. In fact, the company can aptly accommodate specialized diets like Keto, Paleo, Mediterranean, Pescatarian or Vegan. You can visit the company's website to review sample menus online and also kick-start the process by specifying your food preferences.

**HealthyWage App Weight-Loss Cash Incentives**  
(www.healthywage.com)

No matter what kind of fitness or diet regime—or technology facilitators—you choose, the HealthyWage app actually PAYS you for losing weight! With the HealthyWage app, you determine how much weight you want to lose, how long you want to take to lose it and how

much you want to wager each month. If you successfully reach your goal by the end date of your challenge, you win your prize. The average HealthyWager prize is over \$1,200! You can also join team, jackpot and stop challenges through the app. And, this gamification approach is well-proven. Multiple studies show that monetary incentives serve to enhance the effectiveness of, and duly complement, weight-loss programs of any and all sorts—especially when paid out quickly like HealthyWage's various programs. In fact, according to a company

**H2ON Smart Scale by InBody**  
(www.inbodyusa.com)

InBody has developed the H2ON Smart Scale that measures your whole body, providing accurate and personalized results in the comfort of your home. The product provides essential health metrics including body fat percentage, BMI, skeletal muscle mass, and weight. Test data automatically uploads to a mobile app that allows you to record test history and track trends. Smart scales only have electrodes on the footplate, so they can only measure your bottom half and have to estimate the upper half. The InBody H2ON comes with handlebar electrodes as well as footplate electrodes, so your entire body composition is measured, not estimated. Testing your body composition on the InBody H2ON is quick and easy. Just step on the scale, pick up the handle and get your results in 10 seconds. All your data is automatically recorded and synced to an app installed directly on your smartphone. After every test, your results are recorded and organized. See your test history, spot trends and share your results with your personal trainer or doctor. Make adjustments based on accurate data, so that you are consistently trending toward the right direction. "During our R&D, we found that the current smart scale market focused heavily on the number features offered rather than the quality of the outputs," said Joseph Han, Director of Business Development. "We made the conscious decision to scale back on the number of features and focus on delivering the most accurate body composition test you can take at home."

Morilee Kim is a brand analyst, strategist and futurist. As a wellness industry veteran and health advocate, she's also author of the award-winning, illustrated fictional children's book, "Making Healthy Choices - A Story to Inspire Fit, Weight-Wise Kids" (Amazon). Connect with her at [TheLoveIt.com](http://TheLoveIt.com).



An example of the Tonal Intelligent Home Gym

refined and processed ingredients; (4) control your portions; and (5) be consistent. Methodology addresses all five of these concerns and endeavors to make clear that it's "no ordinary meal delivery service." It offers clean, ultra-nourishing, personalized meals for people who both love food and want to achieve optimal wellness. Of course, pricing reflects the premium nature of this food service option with meals starting at \$16.99 each for lunch and dinner and \$7.99 for breakfast. A small price to pay for truly delicious, real, whole, ultra-nourishing



HEALTH FEATURE

# Staying hydrated

BY MERILEE KERN

10 ways to be water-wise even while sheltering in place

Water. We all need it—and know we need it—for optimum health and wellness, but a shocking few live daily life in a properly hydrated state and certainly not with appropriate consistency. One doctor-driven report revealed that fully 75 percent, a staggering three-fourths majority of Americans may suffer from chronic dehydration. It went on to underscore that, “Over time, failure to drink enough water can contribute to a wide array of medical complications, from fatigue, joint pain and weight gain to headaches, ulcers, high blood pressure and kidney disease.” Apparently, this is the tip of the proverbial dehydration-induced illness iceberg.

“During a normal day, we lose about two liters of water just through breathing, sweat and other bodily functions,” notes board certified internist Dr. Blanca Lizaola-Mayo. “Even while asleep, we can lose over one kilogram (2.2 pounds) of water-weight not just through sweating, but respiration as well. Even air conditioning has drying effects on our body.”

Understanding there are common-place facets of our collective lifestyles that put us at a higher risk of developing mild to severe dehydration, here are some insights and tips to help you stay happily hydrated.

**How much water do you need?** According to the Academy of Nutrition and Dietetics, “Many factors impact how much water you need, including your age, gender, activity level and overall health. For women, the amount of total water is about 11.5 cups per day and for men about 15.5 cups. These estimates, however, include fluids consumed from both foods and beverages, including water. You typically get about 20 percent of the water you need from the food you eat.

Taking that into account, women need about nine cups of fluid per day and men about 12.5 cups to help replenish the amount of water that is lost.”

**What are common causes of dehydration?** According to the Mayo Clinic, “Sometimes dehydration occurs for simple reasons: You don’t drink enough because you’re sick or busy, or because you lack access to safe drinking water when you’re traveling, hiking or camping.” While certainly not all-inclusive, known causes for dehydration can encompass sweating from exercise and playing a sport; air travel; traversing in overly hot, humid, cold or windy weather conditions; drinking too much coffee and other diuretic beverages; recovering from a hangover; and a litany of other relatively commonplace daily activities.

**Do all fluids hydrate the body?** No. The Cleveland Clinic is very clear with its advisory that “Some beverages are better than others at preventing dehydration,” and that “alcoholic and caffeinated beverages, such as coffee, teas and colas, are not recommended for optimal hydration. These fluids tend to pull water from the body and promote dehydration. Fruit juice and fruit drinks may have too many carbohydrates, too little sodium, and may upset the stomach. Adequate hydration will keep your summer activities safer and much more enjoyable.”

**What are benefits of proper hydration?** While the benefits of a properly hydrated body are copious, the CDC points to a few top-line health advantages, including keeping your temperature normal; lubricating and cushioning joints, protecting your spinal cord and other sensitive tissues; and getting rid of wastes through urination, perspiration and bowel movements. Healthline

also offers a number of evidence-based health benefits of drinking plenty of water, which include maximizing physical performance; optimized energy levels and mood; and aiding digestion and elimination. Be mindful of water intake, however, as Dr. Lizaola-Mayo warns, “Drinking too much water or fluid can lead to hyponatremia, which causes sodium in the cells to become diluted and too low and can be dangerous—and even life threatening—if untreated.”

**What are signs of early or mild dehydration?** The Rehydration Project non-profit organization says that “the degree of dehydration is graded according to signs and symptoms that reflect the amount of fluid lost. In the early stages of dehydration, there are no signs or symptoms. Early features are difficult to detect, but include dryness of mouth and thirst. As dehydration increases, signs and symptoms develop.” According to the organization, symptoms of early or mild dehydration include the following: flushed face; extreme thirst; consuming more than normal or the inability to drink; dry, warm skin; the inability to pass urine or reduced amounts (dark, yellow); dizziness made worse when standing; weakness; cramping in the arms and legs; crying with few or no tears; sleepiness or irritableness; sickness; headaches; dry mouth or dry tongue with thick saliva.

**What are signs of moderate to severe dehydration?** The Rehydration Project also denotes that symptoms of moderate to severe dehydration include low blood pressure; fainting; severe muscle contractions in the arms, legs, stomach, and back; convulsions; a bloated stomach; heart failure; sunken fontanelle—a soft spot on an infant’s head; sunken dry eyes with few or no tears; skin loses

its firmness and looks wrinkled; lack of elasticity of the skin (when a bit of skin lifted up stays folded and takes a long time to go back to its normal position); rapid and deep breathing (faster than normal); and a fast, weak pulse. They say that, “In severe dehydration, these effects become more pronounced and the patient may develop evidence of hypovolemic shock, including diminished consciousness; lack of urine output; a rapid and feeble pulse (the radial pulse may be undetectable); low or undetectable blood pressure; and peripheral cyanosis. Death follows soon if rehydration is not started quickly.”

**Who is at greatest risk of dehydration?** No one is immune to a dehydrated condition, but certain populations are at greater risk. The Mayo Clinic indicates that these vulnerable groups include

diarrhea for 24 hours or more; is irritable or disoriented and much sleepier or less active than usual; can’t keep down fluids; and/or has bloody or black stool.”

**How to be a water-wise shopper?** The USDA recommends consumers shop smartly, advising us to “Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium and calories to help you make better choices.” There are also highly efficacious and economical dehydration avoidance and treatment innovations that can be integrated into one’s lifestyle and used on a daily basis. The experts at SOS Hydration explain that their medically-formulated drink-mix powder accelerates hydration equivalent to an IV drip, rehydrating the body fully three-times faster than water



infants and children, older adults, those with chronic illnesses and people who work or exercise outside. Serious complications can ensue, which they point out can include heat injury (ranging in severity from mild cramps to heat exhaustion or potentially life-threatening heatstroke); urinary tract infections; kidney stones and even kidney failure; seizures due to electrolyte imbalance, sometimes with a loss of consciousness; and low blood volume (hypovolemia) shock. They say it’s time to call your doctor if you or a loved one “has had

alone. This unique product’s heightened hydration process leverages the body’s digestive “sodium/glucose co-transport system”—an Oral Rehydration Therapy (ORT) endorsed by the World Health Organization (WHO) and UNICEF.

**Can foods help you stay hydrated?** Yes, the body intakes hydration not only from water and other liquids, but foodstuffs as well—some boasting as much 90 percent water content. According to the Academy of Nutrition and Dietetics, those in the 90–100 percent water con-

tent range include fruits like cantaloupe, strawberries and watermelon; as well as vegetables like lettuce, cabbage, celery, spinach and cooked squash. The organization further states that options with a 70 to 89 percent water content include fruits like bananas, grapes, oranges, pears and pineapples; vegetables such as carrots, cooked broccoli and avocados; and dairy products like yogurt, cottage cheese and ricotta cheese. For drinks, the good folks at FatRight.org advise that we focus on unsweetened beverages, like water, in order to limit calories from added sugars, and to use strategies to increase water intake—like adding a flavor enhancer.

**Can sports drinks actually undermine hydration?** Yes. Why pay extra money for excess sugar when what you really need are electrolytes? Dr. Lizaola-Mayo says that, “In truth, only a very small amount of sugar is required to help transport electrolytes and water into the cells as part of the sodium glucose co-transport system. If there is excess sugar in a drink, even one engineered as a rehydration solution, then you can trigger reverse osmosis. This process occurs when there is an incorrect balance of sugar to sodium. Sodium always follows sugar and water always follows sodium. In a drink that is correctly balanced (utilizing the sodium glucose co-transport system) then the water and electrolytes optimally flow into the cells. In high sugar “rehydration” drinks there is too much sugar for the quantity of sodium and, as such, sodium and then water is actually leached from the cells and passed out of the body as urine. This can actually cause dehydration—the opposite effect for a rehydration or sports beverage one has spent their hard-earned dollars to purchase.”

So whether indoors or out, active or at rest, suffering illness or perfectly healthy, one thing is clear: Keeping your water sources well at hand and ingesting with regularity (and consistency) can have a profoundly beneficial effect on your health and well-being. It’s one easy and highly accessible assist for a multitude of maladies.

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