

+ HER GADGETS

HEALTH & FITNESS GEAR FOR GADGETEERS

BY MERILEE KERN



With reports citing that 2019 will be a pivotal year for consumer technology, here's a look at some noteworthy lifestyle-enhancing solutions.

Rowkin True Wireless Earbuds

The Ascent Charge+ model features an ergonomic fit primed for security and comfort. Constructed with a premium mylar diaphragm driver, as well as an acoustic cavity, these earbuds produce dynamic sound and impactful bass with the benefit of touch controls. The case is Qi-compatible for wireless charging, comes with a Qi wireless charger in the box, and also doubles as a power bank to keep your other devices charged, courtesy of USB-C rapid charging. The Ascent Charge+ also features a mobile app for locating your earbuds and personalizing your sound profile. The Ascent Micro model also has many similar features to the Ascent Charge+ but is even more compact for easy portability. While small, the Ascent Micro charging case keeps your earbuds charged for up to 17+ hours. **These earbuds are priced at \$139.99.**



Aquio Bluetooth Speaker Water Bottle

Designed in the United States, Aquio water bottles are made with a detachable Bluetooth speaker and powered by iHomeAudio. Aquio water bottles are manufactured with high-quality stainless steel that is also notably BPA-free. Available in four fashionable colors — midnight, seafoam, merlot and blush — it is an ideal hydration bottle for those who lead an active lifestyle and love taking their music with them on-the-go. Aquio's removable speaker is powerful, IP67-rated waterproof, sand-proof and features designer weather-resistant woven acoustic fabric. Its rechargeable battery provides up to six hours of wireless audio playback time. The 16-ounce bottle — designed to fit all cup holders — is double wall steel-insulated maintaining temperatures up to 14-hours for hot liquids and a full 24-hours for cold. Aquio's mission is to reduce the world's reliance on disposable plastic water bottles by making reusable bottles fun and fashionable. **This water bottle is priced at \$49.95.**



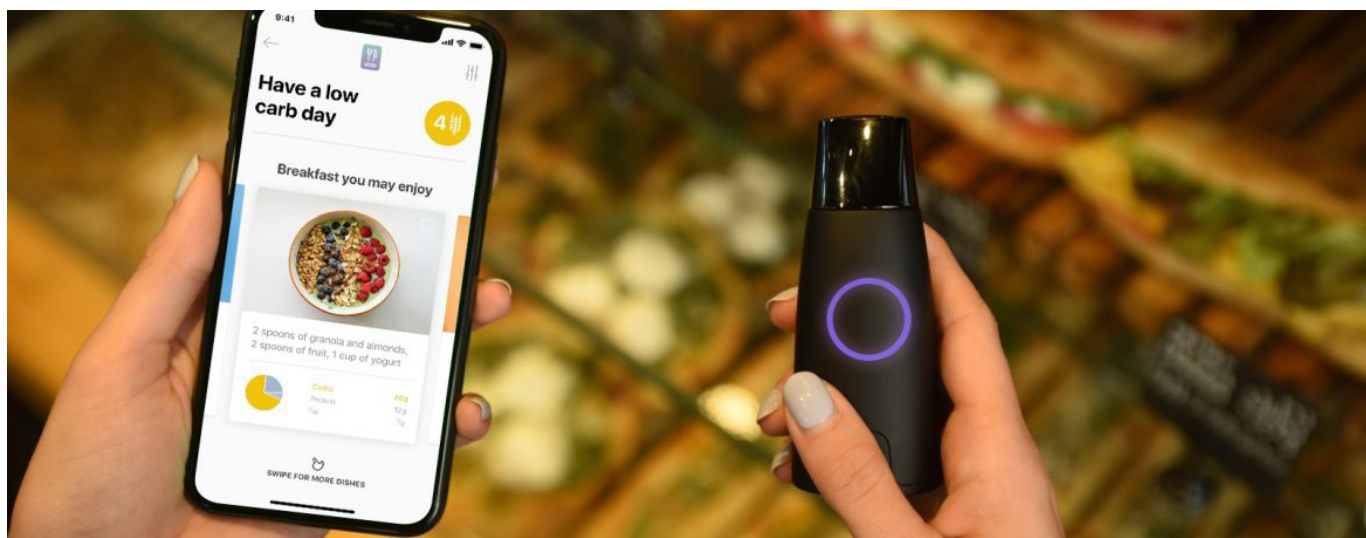
iHome Zenergy Aroma Bluetooth Therapy Speaker

Create a calming environment throughout your home with the combination of light, sound and aroma therapy. iHome's iZABT50 Zenergy Bluetooth Speaker features six different sound therapy tracks designed to calm your mind, lower your breathing and heart rate and prepare your body for sleep. You can also select from seven different light therapy modes designed to align your circadian rhythm at night and improve your mood throughout the day. iHome's Zenergy Aroma Bluetooth Therapy Speaker features two audio sources — built-in sound therapy and Bluetooth wireless audio streaming from your mobile device. It also includes aromatherapy to help create a calming environment with the use of essential oils with absolutely no water needed. **This speaker is priced at \$79.99.**



Lumen and FoodMarble

Showcased at this year's CES show, Lumen and FoodMarble are both pocket-sized devices that users blow into. They pair with smartphone apps that tell people things like how well they are digesting food or burning calories. The firm behind Lumen states that their device provides a way for people to monitor their metabolisms. The device also has the capability of determining if the user is burning carbs or fats. Meanwhile, FoodMarble measures hydrogen levels in an attempt to make deductions about a person's digestive health. The thought is that the device can help people avoid foods that cause bloating, abdominal pain and other gastrointestinal symptoms. **Lumen is currently priced at \$249 as a pre-order special. FoodMarble is priced at \$159.**



Naked Home Body Scanner

Leverage the power of infrared light to capture a 3D model of your body with the Home Body Scanner from Naked Labs. The scanner itself is built into an attractive smart mirror with sensors that measure important metrics and calculate measurements. An integrated app allows you to track your progress. The Naked body scanner is designed to help you visualize your progress and body fat percentage as it happens, with a focus on weight loss and performance. You'll be able to literally watch your body as it changes each day. **This scanner is priced at \$1,395.**



Escali Primo Digital Scale

With the Escali Primo Digital Scale's accuracy, speed and simplicity, it's twice been rated as a best value by a leading independent consumer magazine and was also recently named the "best kitchen scale for most people" by other key media. This device is capable of measuring in increments of 1 gram or 0.05 ounces and has the capacity to measure up to 11 pounds of food at once. Two-button controls facilitate ease of use, and a protective shield on the control panel prevents accidental spills from compromising performance. Battery life is also prolonged with an auto shut-off feature. **This scale is priced at \$39.95.**

