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worcester regional airport photos (inside)
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www.thepulsemag.com
March, 2020

LUXE LIST: 5 SMART DIGITAL HEALTH & FITNESS SOLUTIONS

Merilee Kern

With every Spring season comes a glut of diet and fitness-focused trends. With this understanding, throngs of tech companies are finding innovative ways to keep people engaged and motivated as they endeavor to get fit and healthy...and stay that way. With that in mind, here are five savvy digital diet and fitness solutions that are sure to help you shed those stubborn pounds.

TONAL INTELLIGENT HOME GYM

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. 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. 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. 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. tonal.com.



AMAZFIT GTS SMARTWATCH BY HUAMI



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. 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 healthier lifestyle and improve their overall well-being. us.amazfit.com.

HEALTHYWAGE APP WEIGHT-LOSS CASH INCENTIVES

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 step challenges through the app. 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 spokesperson, the average HealthyWager participant “more than doubles their investment if they are successful at achieving their goal,” so the financial upside potential is impressive. Since the company's inception, over \$20,000,000 has been paid to HealthyWager winners. healthywage.com.



H2ON SMART SCALE BY INBODY

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. 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 synched to an app installed directly on your smartphone. inbodyusa.com.



BINGE NETWORKS' FITNESS CHANNEL

BINGE is a broadcasting platform offering a convenient way to find all of 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, San-yo, Panasonic, JVC 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. bingenetworks.tv.



As the Executive Editor and Producer of “The Luxe List,” Merilee Kern, MBA is an internationally-regarded brand analyst, strategist and futurist. Merilee keeps her finger on the pulse of the marketplace in search of new and innovative must-haves. These products are spotlighted in her exclusive cross-media platform that reaches multi-millions each month through several syndication channels: print and online publications as well as broadcast TV and terrestrial radio. Connect with her at www.TheLuxeList.com / Instagram www.Instagram.com/LuxeListReviews / Twitter www.Twitter.com/LuxeListEditor / Facebook www.Facebook.com/TheLuxeList / LinkedIn www.Linkedin.com/in/MerileeKern.