



Six Stats to Monitor with Health Wearables

Over the last four years, the use of wearable activity trackers and health monitors has more than tripled in the U.S. One recent study found these devices may even help improve your workout efficiency by up to 20%. As health wearables are becoming mainstream, here are six important statistics to consider monitoring:

- 1 Daily Steps and Activities** – Lower your risk of heart disease and diabetes by building up to 10,000 steps a day.
- 2 Time Spent Exercising** – Track it! The Centers for Disease Control and Prevention recommends at least 150 minutes of moderate activity each week for positive wellness benefits.
- 3 Calories Burned** – Exercising burns calories and helps to maintain a healthy weight, reducing risk for diabetes, heart attack, stroke, and several forms of cancer.
- 4 Heart Rate** – Strengthen your heart with moderate to intense exercise. Ask your healthcare provider to recommend a target heart rate range for exercising.
- 5 Blood Pressure** – High blood pressure can damage your heart and lead to health problems. Normal blood pressure for most adults is 120/80 or less.
- 6 Sleep Duration** – Getting the right amount of sleep can help boost your mood and promote general wellness. For adults, 7 to 8 hours of sleep per night is recommended.