

Technology Changing Fitness



When it comes to getting or staying physically fit, there is no replacement for hard work. Advances in technology, though, have made fitness more enjoyable and safer by:

- > **Keeping you motivated:** Set goals, follow training programs and compete against friends with smartphone Apps. Keep peddling or running on exercise equipment outfitted with Internet, satellite TV and radio.
- > **Making exercise more enjoyable:** Add some variety into your workout routine and socialize with others by playing exergames.
- > **Helping you use proper techniques:** Get lifting, cardio and nutrition tips from smartphone Apps and YouTube videos.
- > **Giving you reliable data:** Track your steps, distance traveled and calories burned with wireless activity trackers.

August

NATIONAL EYE EXAM MONTH - NATIONAL IMMUNIZATION AWARENESS MONTH - NATIONAL TRAFFIC AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

CONFIDENTIAL SUPPORT, EXPERT INFORMATION AND VALUABLE RESOURCES FOR EVERY ASPECT OF YOUR LIFE, AT NO COST TO YOU, 24 HOURS A DAY, 7 DAYS A WEEK.

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