7 tips for using smartwatches to improve your fitness and wellness

Do you already own a [smartwatch](#) or are you thinking of getting a new one? Well, in either case, wearing a smartwatch can impact your life in many ways! On one hand where they do look absolutely stylish, on the other, smartwatches come loaded with many splendid features that can help you with your health and fitness as well as make your days productive and smart.

If getting into shape or maintaining a healthy lifestyle is your objective, then here are a few tips for using smartwatches to improve your fitness and wellness:

- **Track your steps**

This is one of the most common and most used features of [smart fitness watches](#)! Walking is widely accepted as a fitness indicator as it is one of the common movements that most people are capable of performing.

On an average, a healthy person should at least have a step count of 10,000 in a day! It basically means that the person walked for at least 5 miles! Walking not only has a positive

effect on your physical health but also boosts your mental wellbeing (imagine taking a stroll in the park after having your dinner or early in the morning with your pet).

Smartwatches come with an in-built pedometer that helps count the number of steps taken in a day and the distance covered. You can monitor this data to maintain a healthy step count Once you start looking at your step count, you can take steps (literally and otherwise) to sit less and move more!

1. **Tracking your sleep**

   You must be aware of the fact that a healthy adult should at least take 6-7 hours of sleep in order to maintain a healthy lifestyle! Sleep not only helps you relax but it also revitalises your body, boosts your immune system and gives you the energy to function properly the next day!

   But the question is, how many of us are even getting that much sleep? Busy lifestyle and too many distractions have disturbed our sleep cycles and the result is - increased cases of anxiety, restlessness and constant fatigue.

   A smart watch, when worn while sleeping, can monitor your sleep patterns and give you detailed information about how many hours you slept, how much of it was a deep sleep and what REM sleep was. This data will help you figure out the disturbances and take required steps to maintain sleep hygiene.

2. **Stress Management**

   Busy lifestyles and hectic routines have made our lives stressful. There is always something to do or something to worry about! This kind of stressful living can be really harmful for your overall well being.

   Some of the best smartwatches come with a mechanism to detect your stress levels and also provide you with guided breathing that helps you calm down and relax.

3. **Setting Activity reminders**

   We live a sedentary life, our jobs keep us glued to our desks. And in our free time, we all love sitting and scrolling on our phones. And in between all of this, we forget small little things like even drinking water. All of this inactivity makes our body rigid and firm.. That's where smartwatches come into the picture!

   They send out alerts/reminders for you to take a stroll if you have been sitting for long or you can even set up reminders to remind you about having a glass of water, every hour! Such small reminders help you cultivate good habits and maintain a

routine!

- **Heart monitoring & Blood Oxygen Levels (SpO2)**

Your heart health is important! And it is important to keep a check on your heart! Smartwatches can give you real-time data about your beats per minute (BPM) and can even tell you your avg heart rate. This information can come in handy when you are trying to find your exercise sweet spot!
Similarly, SpO2 levels have become even more important in the current pandemic. Having a smartwatch on your wrist helps you monitor your blood oxygen levels regularly!

1. **Easier workouts with your favorite tunes**
   Working out becomes a little easier and fun if you have your favorite music pumping out from your earbuds! It helps you get into the rhythm and pushes you to do that extra set of crunches! But reaching out to your phone every time you want to skip a song or adjust volume can be problematic. It breaks the flow of your workout and seems like a hassle! But if you are wearing a smartwatch, you can control your music with a few taps on your wrist! This way, workout becomes easier and fun!

2. **Track menstrual health**
   This comes as a blessing for all our lovely women out there! Some smartwatches come with a menstrual tracker that helps stay on top of your cycle. This helps in avoiding any surprises and also keeps a record of the ovulation cycle.

This is definitely not all, but some of the top health benefits of wearing a smartwatch!