

How You Can Use Tech To Improve Your Fitness



Technology has been a major component of our day to day lives. Since the start of the COVID-19 pandemic, technology and fitness have been the main source of entertainment for most of us. People have become more invested in their fitness, wanting more details about their overall wellness. There have been many tech products brought into the market like apps and wearable items. These products can track things like sleep length and quality, steps and calories burned, and apps can track your food and calorie intake.

Since tech allows you to track workouts and data on your phone, people are no longer restricted to having to depend only on gym equipment to give you an idea of this. Workouts have now become a mix of gym and home workouts. These accessories are so advanced that even professional athletes are using them to track their performance. We may not be

professional athletes but even [London IT Companies](#) recommend using these devices to improve your fitness journey. Techquarters CEO, Chris, strongly encourages sports culture within the company and uses sports tech as well.

Fitbit

Fitbit is one of the first companies to introduce the work to wearable tech. They initially came out with wearable step counters and have constantly improved their tech to become more advanced. Their devices track a variety of things like distance walked, steps taken and calories burned. Their more advanced devices can even track things like your heart rate, your blood-oxygen levels and even the length and quality of your sleep. You can even set reminders to exercise.

Since many people have jobs that require them to sit in front of a screen for most of the day, using these devices can help people remember to stay active. People that work with [Managed IT Services London](#) businesses use, would really benefit from products that remind them to be active.

Zwift

Zwift is an online training program that can transform any bicycle into a smart device. This takes you on a virtual journey to the most famous tracks in the world. Here you can upload your stats and compete with other users. It also allows you to create and build your own workouts and track all your workouts as it records all your workout data. The TechQuarters CEO, Chris, has been a cyclist for many years and has introduced Zwift into his workout routine, especially during lockdown.

These are just two of the many options for sports tech out there. Whether it is staff from [IT Support London](#) based businesses or professional athletes, there is something out there for everyone.