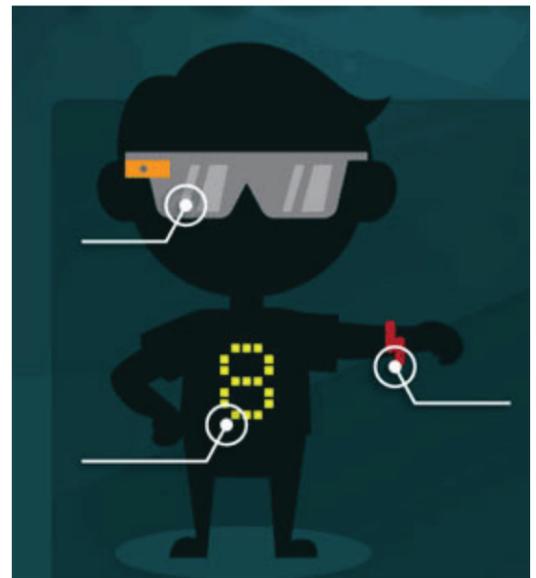


TECHNO FITNESS



Wearable technology is part of a movement known as the “quantified self,” which assumes self-tracking leads to self-knowledge and ends with self-help. Better living through data in other words — if you know the details of your sleep patterns and exercise routines you would improve them.

But it’s more than that!

Until recently, the only people with access to this kind of data were athletes – and only through their coaches and labs. Now everyone can access this information by wearing a simple wristband or clipping a device to his or her clothing.

To make things even easier, many of the fitness trackers sync with smart phones and computers.

So what makes the fitness tracker a worthwhile investment? The bottom line is the hope that knowledge is power, and with a fitness tracker, you can establish a baseline, track and monitor your daily fitness activity, and hold yourself accountable for your progress.

Armed with all the great information fitness trackers provide, you can actively work to change patterns or habits for the better. For example, after a few days wearing a fitness tracker, you may discover that you aren’t walking enough, or perhaps you are woefully short on sleep. Imagine seeing this each day. It enables you to react to the reality of your activity and change it for the better.

But, if you’re expecting miracles from these technological advances, get ready to be disappointed. The first and most difficult step is to commit to a lifestyle change. If you need some motivation, a fitness tracker may offer an extra incentive. Seeing calories burned can inspire you to take the stairs instead of the elevator, or walk the dog for an extra 10 minutes. The key is to motivate and sustain action towards improved health. One idea is to use your trackers in groups, like at work (ugh), where peer support and accountability can make sharing the data more fun and interactive. While they may not be a cure-all, trackers can motivate us to get moving! Data is great but using the information is key!

So what does the future hold? With the increased popularity of fitness trackers, people are becoming more aware of how their habits affect their health. With ever-evolving technology, these devices will get better and deliver more meaningful information. Experts say this trend of increasing popularity will continue in the coming years. So come on, get fit, challenge your friends to a fitness contest, and track, track, track!

Your family physical therapist can help you get started. We’ll address your fitness aspirations; analyze your data and provide individual exercise programs to help accomplish your goals.

Source: Patel MS, Asch DA, Volpp KG. Wearable Devices as Facilitators, Not Drivers, of Health Behavior Change. JAMA. 2015.

What Patients Are Saying

M. Rios

I would like to take this opportunity to commend the superb customer service provided to me by the great staff at CACC Physical Therapy - Lowry. I was anxious about going to therapy for my injured right arm. My physician assured me that I would be taken care of at this clinic. He was right I was impressed as soon as I walked in and greeted by the front desk person. She was friendly, courteous and efficient in processing my papers. “She was able to accommodate the schedule that worked for me.

My arm’s mobility and strength has greatly improved, even if it has only been a couple of weeks thanks to my therapist’s strong conditioning exercises. I enjoy doing my therapy with her. She is firm but fair and very professional. I am glad that she is my therapist. The people here have the ability to deal with a patient like me and are exceptional. They make a big difference in my road to recovery. They truly are valuable assets at CACC Physical Therapy.

Thank you very much.

**FREE
20 Min.
Appointment**

**“The Greatest Compliment We Can Receive
Is You Referring Your Family and Friends To Us”**

**“Care to Share” with Your
Family & Friends**

