

DELUXE

Finding the right fit



Jawbone UP3

The latest iteration of the Jawbone, the UP3, has 7 days battery life and, as well as recording exercise and the usual, also gives alerts when the wearer is still for too long and logs (and gives health scores to) meals. It's "Smart Coach" learns the wearer's habits and offers practical tips as it recognises daily patterns. \$198 from Harvey Norman



Samsung Galaxy Gear Fit 2

This has a built-in GPS to track your running, as well as all standard fitness monitor features. It works with any Android phone but probably best with Samsung Galaxy and S-Health apps. It is edging into smart-watch territory by displaying text messages and notifications and has 2 GB of internal memory. \$289 from JB Hi-Fi.



Striiv

Australian cricketer Ricky Ponting is the face of Striiv, Australia's own fitness tracker which is waterproof (depending on the model) and features a 30-day battery life. Striiv helps wearers manage everything from blood sugar to dog walks to chores. Fusion-Lite model is pictured. \$79.95 to \$169.95. Available from Harvey Norman.



Apple Watch 2

The second series of Apple watches are water-resistant to 50 metres, so now they're either a serious upgrade on a fitness tracker or a smart watch with added features and wear-anywhere functionality. As with all these trackers, you remain tethered to a smartphone or computer app, but the Apple Watch technology goes beyond simple fitness needs — as does the price. From \$529 to \$1,799 from Apple.



Bellabeat

This health tracker, designed for women, looks like a piece of jewellery. It works with a smartphone to monitor activity levels, sleep patterns and its wearer's menstrual cycle, with a system of reminders for meditation, water, vitamins, exercise and the like. \$169.95 from Nourished Life.



FitBit Alta HR

This tracker, just one of the extensive FitBit range, has a battery life of 5 days and clocks calories burned, sleep, heart rate, distance walked and also recognises select exercises to record in the app. It comes in a range of colours and features interchangeable bands. \$249 from JB Hi-Fi.