

GET ACTIVE. EAT BETTER. MANAGE YOUR WEIGHT. SLEEP BETTER.

Sarah Jane Erickson, our office manager has been trying the FitBit One™ Wireless Activity + Sleep Tracker. This is her review of this product:

A FitBit One is a tiny fitness monitor that counts the steps you take, the stairs you climb, and the calories you burn, and even tracks the quality of your sleep. Just carry it all day and it'll track your activity. The data wirelessly syncs when you're near your computer, and then you can view all sorts of charts and graphs online. There is an iPhone app which can also sync your tracker using Bluetooth – wonderful for tracking on the go.

Probably the most fascinating attribute of the One is its sleep tracking ability. You wear the One in a wristband as you sleep—just start the timer when you lie down and stop it when you wake up. After syncing with the site upon waking, you can look at a graph that tells you how long you slept, how long it took to for you to fall asleep, and how many times you awakened throughout the night. There have been some reports of the device being rather inaccurate in this respect, but I have not found that to be the case. That said, the One cannot tell the difference between waking up and moving around a lot in your sleep, so if you toss and turn a lot, this might not be the tracker for you.

Before trying the One, I did quite a bit of research and found it to be superior to the other trackers out there. Other fitness monitors count steps, but a step on level ground is not the same as going up stairs or climbing a hill. The Fitbit One's altimeter considers that and estimates the calories burned differently than when you are walking on a flat surface.

There is no monitor that you could wear that is entirely accurate, but the One comes pretty darn close. I used a GPS pedometer app on my iPhone in tandem with the One and the results were about the same. Does everyone need to get a One? Not really, but it is fun and motivating, and gives you quite a bit of data. If you are into the trend of living a “quantified life,” then the Fitbit One is a good investment.