

Fitness Trend: Wearable Technology



By [Noelle Downey](#)

With warm weather here it's time to party on the beach and play in the surf and sand. But what if you're feeling like your beach body isn't quite bikini-ready? There's a new [fitness trend](#) that could help you get outdoors for a sensational summertime in the sun *and* motivate you to start sculpting some killer abs too. With stars like [Ryan Reynolds](#) and [Gwyneth Paltrow](#) jumping on the bandwagon, it's official, the newest celebrity trend when it comes to fitness is wearable technology. From Fit Bit to Garmin, this trend is everywhere, and we here at Cupid's Pulse have the the top five celebrity-approved ways to catch up on this trendy tech

breakthrough for summer fitness fun.

Looking for a great way to stay fit and fab this summer? Check out these awesome pieces of tech to stay on the fitness trend and on track to a red-carpet worthy body this summer!

1. Flaunt your abs with [Fitbit](#): While Fitbit is far from the only good option out there when it comes to wearable tech, it's definitely one of the most popular in the mainstream fitness world, probably partly because of the variety of models available. Tons of stars have been spotted with this handy piece of tech on their wrist as they work out. [Britney Spears](#) gets in some steps with an eye-catching pink Fitbit to match her workout ensemble, while Ryan Reynolds works on his killer abs with the Fitbit Flex, and [Kelly Ripa](#) struts her stuff with a Fitbit of her own tracking her every move toward a red-carpet worthy figure. Even former president Barack Obama has been spotted with a Fitbit Surge on his wrist during his daily runs. Whatever model you choose, this piece of tech wonder will do everything from track your steps and heart rate to monitor your sleep, with some models even synching directly to your smart phone to store and compare the data.

2. Push to the limit with the [Pebble SmartWatch](#): If you're looking for something a little less mainstream and slightly more upscale, try the Pebble SmartWatch for a fitness tracker that looks like a fashion statement in the form of a swanky watch. TV talk show host and comedian Stephen Colbert has been spotted multiple times with this great piece of wearable tech on his wrist. If you're looking for something that doesn't

necessarily proclaim, "I'm working out right now," but you're still interested in tracking your fitness data, try Pebble SmartWatch, which tracks your calories burned and distance covered and gives you personalized fitness encouragements when you need them. All of this is caught up in a sleek, celebrity style design that looks fashionable and stellar, and if you're not busy hitting the gym, you can discreetly set it to display the time and still get compliments on your gorgeous accessory.

Related Link: [Fitness Advice: Is Fitness Turning Entirely Digital?](#)

3. Burn calories with the [Nike + Fuelband](#): If you're looking for something a little more simple that's still celebrity-approved, try the Nike + Fuelband, a simple band around your wrist that tracks calories burned and steps taken while allowing you to set daily goals for yourself on a single simple screen. This chunky and funky band certainly isn't as sleek as some of its competitors, but it also does exactly what it needs to do to help you set a better fitness schedule, without all the fuss of a more high-tech gadget. And it certainly has a great celebrity endorsement from Serena Williams, who's been spotted on the court during many of her victorious championship tennis games with this trendy fitness gadget on her wrist.

4. Take a step forward with [Jawbone UP](#): If you're not feeling Fitbit but want a combination of Fitbits variety of models and the sleekness of the Pebble SmartWatch, look no further than Jawbone UP, which offers four different models with a variety of abilities, from the basic model that provides a smart coach, activity tracking, calories burned, and sleep tracking to the more advanced models that provide all of this as well as automatic sleep detection and data on heart health. This sleek and shiny band offers choices to those who decide to purchase from this brand, as well as a variety of colors and styles. Famous actress and health guru Gwyneth Paltrow has been seen wearing the Jawbone UP on many occasions! See if the

Jawbone UP could be for you too!

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Get in shape with [Garmin VivoSmart](#): For a fitness monitoring tool that's approved by fitness icon and Virgin-founder Richard Branson, look no further than the Garmin VivoSmart. Garmin may not feature the fanciest models on the market when it comes to wearable tech, but it's also one of the most affordable, and you get a fairly good bang for your buck when it comes to using this handy fitness tool. Just like Richard Branson, you can strap this on and learn about your sleep and steps with one of their colorful and water-resistant models, or you can spring for one of the newer releases and get all day stress monitoring, rep counting, and more!

Have you ever used any wearable tech when it comes to fitness? What do you think of this trend? Will you be springing for one of these fitness tools soon? Let us know in the comments!