



Fit, Bit by Bit (Gadgets Which Help People Stay Fit).

B1-B2
Module 8

Here's What
We Will Be
Learning in this
Presentation:



Summary

- The popularity of fitness apps and gadgets.
- A glimpse of some fitness gadgets in use today.
- Exercises.

Vocabulary

Funky: fashionable in an unusual and noticeable way.

Submerge: (in this context) to go below or make something go below the surface of the sea or a river or lake.

Waterproof: not allowing water to go through.

Pace: the speed at which someone or something moves, or with which something happens or changes.

Serving: (in this context) an amount of one type of food that is given to one person.

Scoop: (in this context) the amount held by a scoop (a deep bowl-shaped spoon).

Supplement: to add something to something to make it larger or better.

Whey Protein: A food supplement which can help you increase strength, gain muscle and lose significant amounts of body fat. It is especially consumed by people who work-out everyday.

People love gadgets of every kind, be it appliances for the kitchen or electronic ones for hiking or camping trips. There are even featured wearable gadgets designed for your pets, just to cover everyone in the family.

While the idea of using smartphones and health apps to monitor workouts and vital signs is not new, did you know that there are gadgets that can work together with your smartphones to help you stay fit and healthy? Let's look at some **funky** health gadgets which not only make workouts fun, but also help track your health.



“My fitness goal is to be able to shop till I don't drop!”



Audio Enabled Swimming Goggles: In almost every sport, music can be a rather powerful motivation to run or cycle that extra mile but never to swim that extra lap, until now.

These 'smart goggles' are secured onto the user's eyes and relay music to the user's ears, without the need for earbuds. They also make music louder and clearer when **submerged** underwater. Brand example: Neptune Finis.

Activity Tracker: It's a bracelet, a pendant, and can also fit in your pocket. An activity tracker, is a device which lets you track your movements and activities to help you achieve goals set on your mobile e.g. 'walk 5 kms everyday'.

Due to its design you can strap it on an arm and dive in for a lap with no worries – it is **waterproof!** Brand Example: Misfit Shine.





HAPIfork



Smart Fork for Eating: Can't really manage your portions by sheer willpower? There is a 'smart fork' which can help reduce your eating **pace**. The sensors notify you through tiny vibrations when you're 'speeding'. It can also track your eating duration, the amount and intervals of 'fork **servings**' per minute.

All your data can be tracked with the accompanying app and transferred with a mini USB. The 'brain' of this fork is hidden in the body but can be removed for safe washing. Brand Example: HAPIfork.

Smart Sock: Wear this 'smart sock' and get feedback from our ankles, yes ankles, because that's where the pressure signals to this fitness tracker are. Designed for runners, it tells you how well you've been running and how to improve your performance over time.

The app also learns from your daily movements and acts like a virtual coach, providing tips on how fast your pace should be or how to land your feet correctly. Even though it has signals or sensors, this sock is washable and as comfortable as a pair of conventional socks. Brand Example: Sensoria Smart Sock.





Smart Bottle: This bottle is the greatest gift you could give to a gym addict! It functions like any other bottle, but with a push of a button, it can release up to 1.5 **scoops** of any favourite **whey protein** mix.

It's great for use in the gym during workouts and having that post workout drink right after, without having to carry multiple bottles around. The 'ball' that holds the **supplement** in, also acts as a mixer for those harder-to-dissolve powder drinks. Brand Example: Umoro One.

Exercise 1

Form Sentences Using These Words:

1. Funky
2. Pace
3. Supplement
4. Scoop
5. Submerge

Exercise 2

Correct Mistakes in These Sentences:

- 1) Ther are even featured werable gagets dezigned fo your pests.
- 2) While the idee of using smartfones and health appes to moniter workouts and vital sings is not knew
- 3) In almos every sport, musics be's a rather powerfull motivation.
- 4) 'Smart googles' is secured onto the user's eyes and relay musics to the users ear's, witout the need for ear's bud.
- 5) Cant realy manage Your portions by sheer wilpower There is a smart fork' wich can help reduce your eating pace?

Exercise 3

Answer These Questions:

- 1) What is the difference between an activity tracker and smart socks.
- 2) What is the use of a smart fork.
- 3) What are the features of smart swimming goggles?
- 4) What is the use of a smart bottle.
- 5) What is Whey Protein?