

[Resolutions]

Stay true TO YOUR GOALS WITH THESE TECH ITEMS

It's a new year, and many have resolved to "be better." Whether through diet, exercise, or being a thriftier spender, these promises are usually about self-improvement, and unfortunately, get left by the wayside all too often. Want your new workout plan to last past April? Want to consistently sub out that syrupy soda for nutritious water? Here are 6 resolution-savvy products that can help track your health, vanish pain without pharmaceutical aid, and even save money on pesky utility bills.

→ Brookstone

What's better than having a professional sleep coach to help you get through restless, toss-and-turn nights? Having eight of them! These soft-spoken, doctor-developed sleep coaching programs are just one value of the Tranquil Moments Pro Sleep System. But, if you prefer bustling forests and whistling creeks to droning doctors, turn on one of 20 relaxing sleep sounds featuring selectable repetition intervals. The Tranquil Moments sleep system also wakes you up gradually with simulated natural sunlight, so you can rise and shine before your neighbor rustles you out of bed with that ritual Sunday morning rock band practice. // brookstone.com



→ Moti Activity Tracker

Not just another generic pedometer, the MOTi Activity Tracker's goals are as targeted as your fitness routine. Specifically designed to amp up your performance in the gym, this wrist-worn coach helps you through new exercises, offers MOTivation, and even coaxes healthy competition between you and your MOTi-toting friends by awarding points for working out and completing goals. Tap into a plethora of professionally created workout routines and start logging your sessions' data, which differentiates between types of activities—from deadlifts to sit-ups. You'll even know which muscles were pumped the most and least, which could save you from injury next time you hit the deck with a heavy barbell. // moti-wearable.com

→ Thermos Smart Lid

Did you know you need ½ ounce of water per pound of body weight to sufficiently hydrate throughout the day? It can be difficult to keep track, and we rarely hear complaints about drinking too much water. Make hydration fun and healthy with the Smart Lid, a Bluetooth-connected water bottle that measures intake throughout the day, and other fun statistics like water temperature and how long it took to guzzle your last bottle. Set your own goal and watch your water meter climb, and see trends across days, weeks, or months. Lids on; bottoms up! // thermos.com



→ Omron

Don't be fooled by its lay-in-your-palm size or innocently rounded edges, the Alviita Wireless Activity Tracker is an advanced machine. It features 4 tracking modes that differentiate between aerobic and regular steps, and keep track of distance and calories. Tri-axis technology ensures its accuracy when held in any position. The front-and-center touch screen is its only control input and an enabler of its strikingly simplistic design. Take it wherever you go, and pair it with the Omron Fitness app on your Apple or Android device. // omronhealthcare.com



→ Chili Technology ChiliPad

When squabbles over the temperature turn your bedroom into the war room, it's time to get a ChiliPad. The temperature-controlled mattress topper uses semi-conductor technology to achieve a whopping range of 55–110 degrees. The dual unit turns down the proverbial heat in the room—and perfectly tunes the real heat on each side of the bed. You'll also prevent that itchy trigger finger from cranking up the air conditioning knob and causing an unnecessary hike in your utility bills. // chilitechnology.com



→ Quell

Quell chronic pain with this transcutaneous electrical nerve stimulation (TENS) device. It's not just any drug-free pain management system, Quell automatically adjusts its stimulation for shockingly good results. Don't bother removing it for sleep; it senses your state of unconsciousness and adjusts to a gentler mode. For added convenience and comfort, Quell packs an accelerometer to marry its therapy levels with your body's movement and needs. And, of course, Quell corresponds to a smartphone app packed with meaningful data about your therapy and sleep quality trends. // quellrelief.com