



FITBIT ARIA SMART SCALE

Form and function don't have to contradict, as is proved by the Aria Smart Scale. A gorgeous LCD screen centers between your feet, displaying your weight, BMI, lean mass, and body fat percentage, and it records the data over time. Log on to your private Fitbit dashboard for interactive graphs and trends to help you reach your fitness aims. Be barefoot to use—the scale can detect up to 8 unique users. // fitbit.com

6 Gadgets

TO TURN ON THIS HOLIDAY

This year, give technology without perpetuating lethargic videogame marathons and TV show binges. Instead, earn favor from your family and friends with high-tech goodies that benefit their health. Make it just a little easier to hit the gym with a new activity tracker, spruce up that new smartphone with the perfect wellness app, or be the hero by giving the power of drug-free pain relief. These are our favorite picks to keep off of the couch and keep the latest technology in our lives.



SENSORIA SMART SOCKS

Have you ever slammed your heel with a sledgehammer? Think carefully before answering “No.” If you strike the ground with your heel on spirited sprints, you are doing exactly that. Sensoria Smart Socks coach users to land on the balls of their feet to reduce chances of injury. The smartphone app delivers real-time audio advice and tracks scores of useful data such as cadence, pace, and foot contact time from the socks’ Bluetooth ankle. One of our favorite features is the odometer, so you know when you need new shoes! // sensoriafitness.com



UP2 AND UP3 ACTIVITY TRACKERS

Now with tantalizingly colorful wristbands, the UP product line still holds some of our favorite activity trackers. Put the “style” in “healthy lifestyle” with Jawbone’s UP2 as you track your steps and sleep, or step it up a notch with the multi-sensor technology of the UP3 unit, which measures your heart rate and advanced sleep stages. All UP trackers connect with Jawbone’s companion app. // jawbone.com/up



OMRON ELECTROTHERAPY PAIN RELIEF SYSTEM

When drugs seem only to offer droning lists of dangerous side effects, it's time to turn to tech for pain management. From neck to knee, and everywhere in between, pain has never fled so fast from Omron's transcutaneous electrical nerve stimulation (TENS) unit. Now with twice the power and 15 intensity levels, it's easy to find the right electrical current to boost endorphins and minimize muscle or joint pain. // omronhealthcare.com



LARK

Ready to get Siri-ous about fitness? Lark is an app that listens to you babble about your diet, tracks your activity, and returns helpful suggestions and visually pleasing graphs regarding your personal trends and weight loss progress. No pressure, either—Lark writes in a casual tone like the one you use for emoji-filled texts to your friends, and it only considers the types of food you eat, not how many calories! // web.lark.com



FITBIT CHARGE ACTIVITY TRACKER

Charge up your fitness tracking with this fun wristband. It pairs with your phone and other Fitbit products to deliver a clear picture of your wellness. The OLED display shows off important information like steps traveled, distance, floors climbed, and calories burned. As the premium unit in Fitbit's everyday tracker lineup, fancy features such as caller ID and silent alarms are just an arm's length away. // fitbit.com