



## Fitbit

The application with which to maintain healthy lifestyle habits

By Fitbit, Inc.

**5.8/10**

android

ios

### Review

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The cult of the body is something that is very fashionable. The number of people who care about having healthy habits and doing sports with which they manage to look better every day is higher and they have found their best allies in **games and mobile applications**. There are many options available to us, but without a doubt there is one that gives us all the advantages and above all motivates us to continue using it, is the **Fitbit application**. Either using it in conjunction with the brand's bracelets or just with the free app, you will have at your disposal all the tools that have made it one of the most downloaded from the main virtual stores.

This app is designed to accompany you day and night, not only in your training moments, showing the different data that provide you with the information you need to know how you are physically. **Download Fitbit for free**, you find it available for **Android** and **iOS** devices. With it you will have a more personalized experience with the graphic representation of all your statistics and progress, as well as all the help you need to achieve your goals. All the elements are customizable, so you will decide the parameters you want it to show you and the statistics that interest you the most.

Among the many features that we can find, there is the so-called Fitbit MobileTrack, which is the option that you must select in order to have all the benefits it offers you. The application automatically takes care of using your phone's sensors to record your activity and track it, such as steps, distances traveled, or calories burned with exercise. With access to this virtual trainer, you will have at your disposal many of its functions, such as your training routines, your measurements and weights, adding or setting your own exercise goals and one of the **advantages of Fitbit** is that with it you can control your diet and know all the calories in the food you eat.

Within this application you will find its own streaming video training platform, it is a library of exercises in which its users can choose those that best suit them to do their routines. It is always constantly updated, so you will always find new videos so you don't always do the same practice. This function is known as Fitbit Coach and in which you can create your own lists of routines adapted to your physical condition and with different levels of difficulty, with which you will increase the intensity as you improve your fitness. All the data that this virtual gym records will be synchronized with your application, so you will not lose any information about your workouts.

For long-distance runners, **Fitbit** has another very interesting feature, Fitbit Adventures. With this tool, participants go through a 3D map of real places in the world, such as New York, and thus prepare for their famous marathon. The data record will be done by counting the steps you actually go through and transferring it to that three-dimensional map. 1,000 steps in real life will be 1,000 steps in the application.

One of the curiosities of Fitbit is that you can compete with your own friends, with the Challenges function you will be able to take the experience to another level. This feature will allow you to play with your friends and register your scores in a ranking, you can choose to do it on a weekly or daily basis. You can choose between who will record the most steps or set a daily goal and see how their progress evolves with the recorded data. This fun challenge has the comments of all its participants, which will make it even more entertaining. With this, you ensure that your motivation to train is always maintained, making you want to train more because of the competitive nature that we all carry inside. In case you did not know, it has its own social network in which its users can publish their activity updates and their friends comment on it, in this way there is a way to encourage a job well done and others are encouraged to get reach your goals.

### ✓ Pros

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- Large number of trainings available.
- Compatible with different devices.
- Explanatory video tutorials for each exercise.
- The workouts are adaptable to different levels of difficulty.

### ✗ Cons

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- The workouts are not customizable.
- Free exercises are limited.
- It does not measure the quality of sleep.
- You may misregister the synchronized data.

## Download

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## Social

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