



PWC Health & Wellness G8 Gals@Technology

Health & Wellness Tech

Feb 2021



Scott Ksander

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- 40+ years in the IT field, 26 years at Purdue
- Wrote his first program (FORTRAN) when he was in 5th grade. Purdue degree in Computer Science.
- Areas of interest – systems development, networking, security
- In retirement, Scott writes a technology column for the Purdue Retirees Newsletter and does presentations for the Purdue Women's Club
- Scott and Peggy enjoy life with their kids and grandkids – especially on trips to DisneyWorld
- Scott grew up in Chicago and Peggy grew up in Fish Lake, Indiana (city boy meets farm girl at Purdue story – and the adventure continues ...)



Current Topics



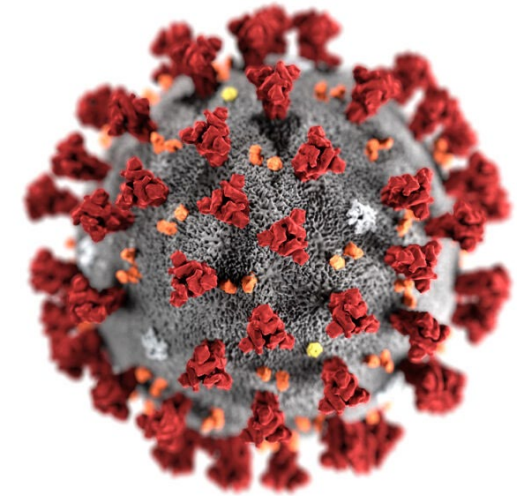
- Amazon Sidewalk – share your internet access!!
 - A “free neighborhood network” using Echo devices to share a fraction of your home’s bandwidth
 - Sidewalk uses Bluetooth low-energy 900Mhz spectrum
 - Coverage is about ½ mile
 - How to turn it off
 - Alexa app
 - More > Settings > Account Settings > Amazon Sidewalk
- REALLY bad idea, in my opinion. Turn it off.

COVID-19 Notes From My Brother

(Harvard immunology researcher)

Life After COVID-19 Vaccination

- Continue wearing masks and social distancing. Country still has high viral load, and the risk of vaccine resistant mutants is still significant.
- Small group gatherings are OK if everyone is vaccinated
- Hold on dining out until higher percentage of vaccinations
- In general, go slowly until >50% of the population is vaccinated
- Best guess for 75% normal is Fall 2021. We are not “out of the woods” yet
- He and I are planning on attending a family wedding in October



Health & Wellness Tech 2021

- Popular Wearables
- Smart Home Gym Equipment
- Workout Apps and Streaming Services
- Fitness Trackers
- Fitness Tracking Apps
- Heart Rate Monitors

Popular Wearables



- Apple Watch Series 6 - \$399
 - Built-in GPS
 - Heart rate monitor
 - FDA cleared Electrocardiogram (ECG or EKG)
 - Sleep and blood oxygen levels (SpO2)
 - Built-in LTE for operation without an iPhone
 - Atrial fibrillation (aFib) detection
 - Fall detection with emergency calling

Popular Wearables



- Fitbit Sense - \$329
 - Built-in GPS
 - Heart rate monitor
 - FDA cleared Electrocardiogram (ECG or EKG)
 - Sleep tracking and blood oxygen levels (SpO2)
 - Temperature sensor
 - Stress tracking sensor via electrodermal activity
 - Clear winner on battery life

Popular Wearables



- Oura Ring - \$300
 - Discreet water-resistant design
 - Comprehensive sleep monitoring features
 - Temperature sensor, calories burned, heart rate, respiration trends, and step
 - Long battery life
 - Sizes 6 - 13

Smart Home Gym Equipment

- Peloton Bike+ - \$2,500
 - Live classes
 - Library of guided classes
 - Customized workouts for your goals and current fitness
 - Motivations and knowledgeable instructors
 - Auto Follow feature for automatic resistance
 - Upgraded sound system
 - Integrated with Apple GymKit and Apple Watch
- MYX Fitness Bike – starting at \$1,199 with close to same features but no live classes



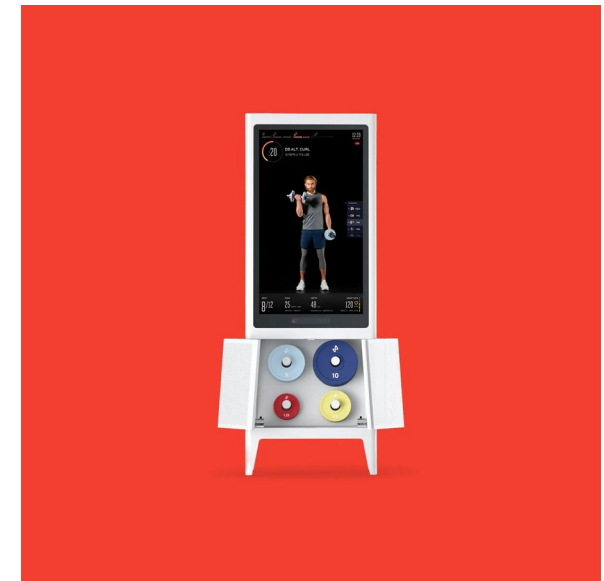
Smart Home Gym Equipment

- NordicTrack Commercial 2950 - \$2,999
 - Fully adjustable
- FightCamp - \$1,995 for Personal Package
 - Connected home boxing gym
 - Real-time tracking
- NordicTrack RW9000 - \$1,699
 - Library of outdoor, trainer-led workouts from waterways around the world



Smart Home Gym Equipment

- Tempo Studio - \$1,995, Tonal - \$2,995
 - Smart strength training
 - Large touch screens
 - Workouts with experienced instructors
 - Virtual personal trainer
- Mirror - \$1,499, Echelon Reflect - \$1,640
 - Wall mount
 - See instructor and own reflection during classes
 - On-demand and live streaming classes



Workout Apps and Streaming Services

- FitOn, Nike Training Club
 - Free on-demand workout videos with celebrity trainers
 - Workouts range from 5 to 60 minutes
- OpenFit and Forte - \$14.95/month
 - 200 live streaming classes per week
 - On-demand workouts
 - Personalize nutrition plans
 - Options for additional fee
 - Powerumba in Miami
 - Center City Yoga in Salt Lake City
 - Exhale in New York City



Workout Apps and Streaming Services



- Obe - \$27/month
 - 22 live classes daily
 - Over 5,000 on-demand classes
- Apple Fitness+ - \$9.99/month, \$79/yr
 - Requires AppleWatch 3 or later paired with iPhone, iPad, or AppleTV

Fitness Trackers

- Garmin Vivoactive 4 - \$349
 - Feature-rich GPS fitness tracker/smart watch
 - Motivating training plans
 - Also contactless payment, downloadable apps, and onboard music storage
- Fitbit Charge 4 - \$149
 - Simple, uncluttered interface with a companion app
 - GPS
 - Spotify support
 - Tracks breathing changes while sleeping

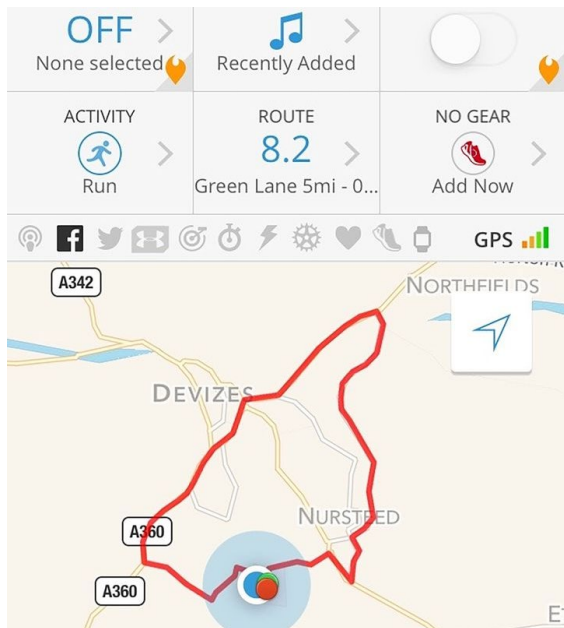


Fitness Trackers

- Coros Apex - \$300
 - Outdoor sports (biking, hiking, etc)
 - Tracks distance and elevation
 - Heart rate, pace, stride
 - Companion app for graphing
- Polar Grit X - \$430
 - Many outdoor specific features



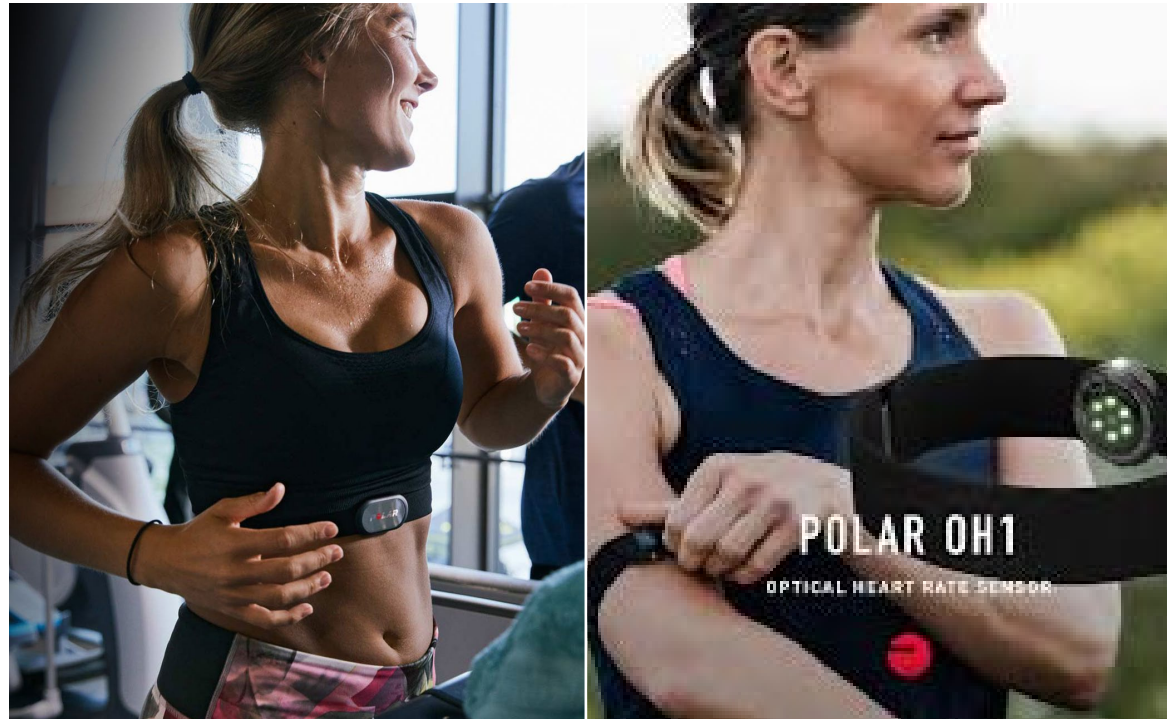
Fitness Tracking Apps



- MapMyFitness – Free
- Strava – Free
 - Compete against yourself or others
- Charity Miles – Free
 - Donate money for every mile you walk

Heart Rate Monitors

- Polar H9 - \$60
 - Chest strap for precise measurement
 - Sync with many other apps and equipment
- Polar OH1 - \$80
 - More convenient optical heart rate tracker



OVERCONNECTED IT IS.



www.gocomics.com

STAHLER.
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