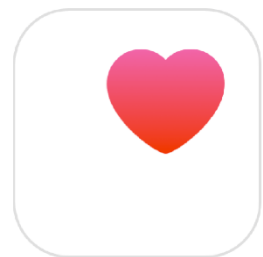


Technology that Tracks Distance Walked

1. Smart Watches – Smart watches will count steps walked in a day



2. iPhones – The pre-installed “Health” App on the iPhone’s home screen will calculate your steps walked. You just have to make sure to keep your phone in your pocket to record steps taken



3. Androids – The pre-installed “Fit” App on Androids will calculate steps walked. Again, just make sure to keep your phone in your pocket to record steps taken



4. Pedometers/Fitness Watches – These devices do not have the “smart” technology but will get the job done when it comes to counting steps taken. These devices are also typically low in price

