

5 Ways To Make Your Get-In-Shape Plans Stick

(NAPS)—Here's some encouraging news for people having trouble sticking with that resolution they made to get in shape this year. A new device has been created that helps give people the extra motivation they need and shows them how easy it is to get themselves fit.



SportBrain, a wearable personal fitness assistant, helps you track your physical activity.

The device, called SportBrain, is a wearable fitness assistant that helps you effortlessly track your physical activity, monitors your progress and helps you earn rewards. Worn at the waist, SportBrain automatically tracks daily physical activity and then uploads the information through a standard phone line to the user's private pages on the SportBrain Web site, www.sportbrain.com. The device sells for under 100 dollars.

These tips from Michele Hickford, the company's co-founder, can help make your fitness resolution stick.

1. No time for a long walk? Take a few 10-minute strolls during the day.
2. There's no such thing as a bad parking space. Take the first one you find and walk.
3. Walk your dog an extra 10 minutes each day.
4. Need to meet with someone at work? Take a walk with them instead.
5. Get off the bus or subway one or two stops early, and walk the rest of the way.