

# Body Electronic

Now you can monitor your vital signs while you're on the move and even upload them to the Web for further analysis.


BY KAREN J. BANNAN

**U**nder doctor's orders to monitor your blood sugar? Cross-training and want to track your calorie burn-rate? Reviewed here are six new gadgets that will measure your stats and give you the reinforcement you need to keep up your regimen.

## SportBrain First Step

[www.sportbrain.com](http://www.sportbrain.com)

Price: \$99



This egg-shaped device clips onto your waistband to track your walking or running speed, number of steps, distance and number of calories burned. Plug the unit into a phone line and it uploads the data to [www.sportbrain.com](http://www.sportbrain.com). At the site you can generate reports on how your rates compare to others. We tested it for accuracy while walking on a treadmill. First Step registered that we walked 7,680 steps and burned 200 calories—almost identical to the treadmill's results. (Occasionally the unit recorded other movements, like adjusting hips, as a step.) For every 100 steps you take SportBrain.com gives you one point toward prizes: 4,200 points earn you a cycling jersey.

## Stayhealthy BC1

[www.stayhealthy.com](http://www.stayhealthy.com)

Price: \$199

This body-composition analyzer measures your body-fat content and hydration levels, which are then uploaded to [www.stayhealthy.com](http://www.stayhealthy.com). Plug the BC1 unit into your PC, hold it in both hands for 30 seconds and electrical currents pass from



one hand to the other (you don't feel them). The unit measures your fat and hydration and sends the results to the Web site. You're asked to define your body type (i.e., athlete, bodybuilder). If you choose the wrong one, the results can vary widely.



## GlucoWatch Biographer

[www.glucowatch.com](http://www.glucowatch.com)

Price: \$310


This newly FDA-approved device could be a lifesaver for diabetics. The GlucoWatch takes glucose measurements 36 times in a 24-hour period, and you can download the results to a PC. Using low electrical currents, the watch absorbs glucose through the skin into two small sensor pads where an electrode takes a reading. The results are displayed on the watch's LCD. You can set an alarm to go off when insulin levels fall too low. Our tester, a diabetic, found the watch to be as accurate as traditional blood tests. One drawback: The sensor pads can irritate the skin.

## Nike SDM Triax 100

[www.nike.com](http://www.nike.com)

Price: \$220

A speed sensor slides under the



laces of your running shoes. It measures your acceleration and deceleration 100 times each second and sends its calculations to a watch via a radio signal. On the watch's screen, we pulled up data, like our average speed while running. Performing more complicated tasks, like calibrating the unit to your exact stride, requires delving deep into the manual.

## Omron Ultra Compact Wrist Blood Pressure Monitor

[www.omron.com](http://www.omron.com)

Price: \$99

Strap this tiny monitor to your wrist and press the large on/off button. Hold your arm up to chest level, the band tightens, and within 30 seconds displays your blood pressure and pulse rate. The monitor stores up to 21 measurements.



## Polar S710

[www.polarusa.com](http://www.polarusa.com)

Price: \$295

For cross-trainers and bicyclists. Strap the heart rate monitor around your chest and wear the silver watch that comes with it. If you're a biker, there is also a mount that attaches to your handlebars and measures trip distance and average speed. As you exercise, data from the heart monitor and from the bicycle transmits wirelessly to the watch. The watch then displays distance, average speed and heart rate. An infrared link, which you can buy separately for \$40, attaches to your computer, letting you transmit the data from the watch to a PC.

