

# The role of technology in fitness



Technology is constantly changing and becoming an increasingly integrated part of our lives, and the fitness industry is no exception. Technology is revolutionising the way we approach physical activity including wearables that remind us to get moving, apps that track our workouts and progress, and even gamifying exercise.

## What are the benefits to using technology on your fitness journey?

### 1. Motivation and accountability

Staying motivated on your fitness journey can be challenging, but fitness apps can help keep you motivated and on track with personalised reminders based on your individual goals. Fitness apps offer motivating challenges, badges, and virtual communities that keep you engaged and accountable.

### 2. Tracking and insights

Wearables and apps track your steps, heart rate, calories burned, and even sleep patterns, providing a detailed picture of your overall fitness. Most apps will also provide data analysis and personalised insights so you can easily identify areas for improvements, celebrate progress and update your workouts accordingly.

### 3. Unlimited resources

Online platforms offer a vast library of workouts, guided exercises, and training plans for all fitness levels and preferences. With so many options available, there is something for everyone no matter where you are in your fitness journey, what type of exercise you prefer or your ability. This means that you can take control of your fitness journey without relying on expensive memberships if it is not within your budget.

### 4. Community and support

Fitness apps create a sense of community with built-in social features, allowing users to connect with friends, participate in virtual challenges, and share their achievements. This sense of community and shared goals can be incredibly motivating and provide valuable support, especially for those who struggle to exercise alone.

### 5. Convenience and versatility

Technology makes fitness more convenient and flexible than ever before. With workout apps readily available on your phone, you can exercise at a time of day that suits you – at home, during your lunch break, or even while traveling. You can also exercise at home playing virtual sports by connecting your wearable or phone to your TV or VR device – this means you can play a game of tennis in your living room if your heart desires!

---

**Fitness technology empowers us to take control of our fitness journeys in a personalised and engaging way. Wearables and fitness apps can help you to stay motivated and connected, track progress and ultimately achieve your health and wellbeing goals.**

### Get support when you need it

If you require counselling, coaching or support, our experienced clinicians are available. Call us or request an appointment online.

**Looking  
for more  
resources?**



Register for [Wellbeing Gateway](#).  
Your digital mental health and  
wellbeing companion.

We're here when you need us

| AU 1800 808 374  
| NZ 0800 808 374

[assureprograms.com.au](https://assureprograms.com.au)