

## **GADGETS FOR SPORTS. REPLACEMENT OF TRAINING OR NOT?**

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Everybody knows that regular sport exercises are good for health. Exercises will become more interesting and more productive when people use modern sport gadgets. These devices will organize your training time and their new features will act as great motivators. Besides they are very stylish and can be great accessories.

Nowadays all modern gadgets are equipped with motion sensors. Nike + Kinect Training is a very serious and detailed complex of exercises which can develop a personal training program, evaluating your results and parameters of your body. In the beginning you will be asked to choose one of the two coaches, both they are real-life Nike trainers, and each has its own approach to training. You will be asked what goal you are pursuing your training - to become stronger, to maintain tone or to lose weight. After the first series of training everything will become clear to the virtual coach and he will understand the direction which you need to build your future occupation.

The Nike + FuelBand device was created in collaboration with scientists at Arizona State University (ASU) as an addition to the game. This bracelet has an integrated three-axis accelerometer, retaining all the moving of the wrist.

The device measures the physical efforts that the owner spends all day, and clearly reflects their amount. So bracelet should push lazy people to some physical activities.

The current result bracelet reflects by the several ways. Its screen shows one of the four factors: time of day, passed steps, calories and specially introduced unit NikeFuel.

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