GETTING FIT IN MY 50s FOR A SOUNDER 60s

Maria M. Benet

Self-tracking to lose weight, gain a habit of fitness, and develop healthier strategies for aging well.
10 years ago

overweight
on medication for high blood pressure
 cranky
WHAT I DID:

Tracked 3 major aspects of my life with apps and wearable devices

- activity levels
- weight
- food intake
HOW I DID IT:

Wearable devices: pedometer + hiking shoes

My “starter” tracking app: Access Database

2005
the data diet

2005 - 2006
Yoga, lots of it

Bigger & longer hikes

Pilates

2006 - 2010
Goal:
track calories consumed
Goal:
track calories consumed

Results:
detect patterns in eating habits and wellness
Goal:

track calories consumed

Results:

detect patterns in eating habits and wellness
Tracking Apps + Tracking Devices

- Lose It!
  - September
- Lose It!
  - November
- Lose It!
  - December

Endomondo

Fitbit

2011
TRACKING APPS + TRACKING DEVICES

- **Lose It!**
  - **SEPTEMBER**
- **Endomondo**
  - **NOVEMBER**
- **Fitbit**
  - **DECEMBER**

**2011**
Fitbit tracking priorities

69min
400% more than the median for men and women en_US

You are in the 99 percentile of all men and women
Tracking Apps + Tracking Devices

- Fitbit
- Endomondo
- Lose It!
- Garmin
- Strava

2012
## Tracking Apps

**Garmin Connect**

**Strava**

**Fitbit**

**Endomondo**

**Lose It!**

### 2012 ... 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Workout</th>
<th>Time</th>
<th>Dist.</th>
<th>Av HR</th>
<th>Max HR</th>
<th>Strava</th>
<th>Red Z</th>
<th>Notes</th>
<th>Sleep</th>
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<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>achy still</td>
<td>6.5 - ek</td>
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<td>ride</td>
<td>254</td>
<td>150</td>
<td>192</td>
<td>221</td>
<td>111</td>
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<td>7 - not bed</td>
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<td>8 - ok</td>
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<td>177</td>
<td>170</td>
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<td>3</td>
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<td>7 - so so</td>
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<td>133</td>
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<td>7.5 - not so great (1 ativan)</td>
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<td>158</td>
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<td>7.3</td>
<td>146</td>
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<td>30</td>
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<td>13.5</td>
<td>128</td>
<td>160</td>
<td>30</td>
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<td>6.75 so so</td>
<td>6.75 so so</td>
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<td>140</td>
<td>177</td>
<td>33</td>
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<td>7.5 - not good at all</td>
<td>6.5 - not good</td>
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<td>170</td>
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<td>3</td>
<td>8 - ok</td>
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<td>10.2</td>
<td>131</td>
<td>166</td>
<td>27</td>
<td>2</td>
<td>8.2 - ok (1 ativan)</td>
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<tr>
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<td>60</td>
<td>2.7</td>
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<td>5.5 - not good / too much wine</td>
<td>6 - not good</td>
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<td>185</td>
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<td>131</td>
<td>Canary Challenge ride</td>
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<td>7.5 - ek</td>
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</table>
WHAT DID I LEARN:

small quantitative changes in particular daily habits add up to a big difference in quality of life in general
Small changes make for big differences

Endomondo overall summary to March 17, 2014
Small changes make for big differences

Tour de Fuzz 100 K
Sat, Sep 14, 2013 8:19 AM Pacific Time (US & Canada) By alembic57
Activity Type: Road Cycling | Event Type: Special Event | Course: --

Summary
- Distance: 62.97 mi
- Time: 5:33:35
- Avg Speed: 11.3 mph
- Elevation Gain: 2,149 ft
- Calories: 1,699 C
- Avg Temperature: 72.7 °F

Details

Timing
- Time: 5:33:35
- Moving Time: 5:31:03
- Elapsed Time: 6:30:04
- Avg Speed: 11.3 mph
- Avg Moving Speed: 11.4 mph
- Max Speed: 24.3 mph
Small changes make for big differences
going from the fitter 50s to a sounder 60s
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