

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.



image from vzcrossfit.com

10 years ago



overweight

on medication for high blood pressure

cranky

WHAT I DID:

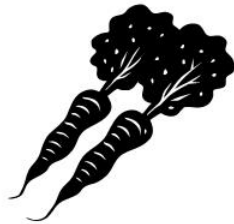
Tracked 3 major aspects of my life
with apps and wearable devices



activity levels



weight



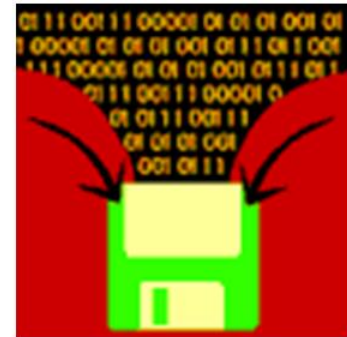
food intake

HOW I DID IT:

Wearable devices:
pedometer +
hiking shoes



My "starter" tracking app:
Access Database



2005 →



the data diet

2005 - 2006



Bigger & longer hikes

Yoga, lots of it



Pilates



[image pilatesrichmond.com](http://image.pilatesrichmond.com)

2006 - 2010



Lose It!

Goal:

track calories consumed



SEPTEMBER

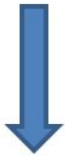
2011



Lose It!

Goal:

track calories consumed



Results:

detect patterns in eating habits and wellness



SEPTEMBER

2011



Lose It!

Goal:

track calories consumed



Results:

detect patterns in eating habits and wellness



SEPTEMBER

2011

TRACKING APPS



TRACKING DEVICES



fitbit

endomondo

endomondo



SEPTEMBER

NOVEMBER

DECEMBER

2011

TRACKING APPS



TRACKING DEVICES



fitbit

endomondo

endomondo



SEPTEMBER

NOVEMBER

DECEMBER

2011



Benchmark

Food Report

Activity Report

Sleep Report

Trainer

Export

Dec 30, 2013 to Jan 05, 2014

How do you compare your peers?

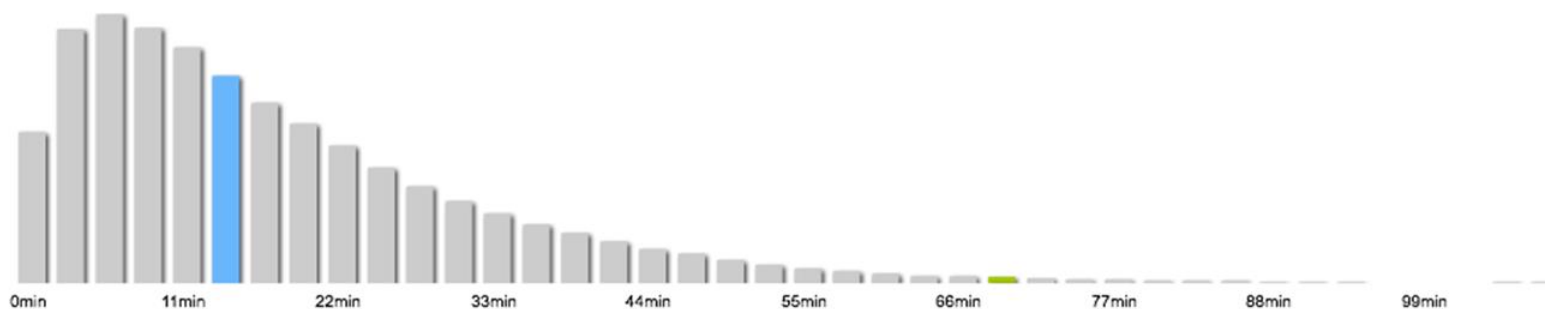
Daily Very Active Minutes

Single Demographic

All Demographics

Typical

You



In the past 7 days you were very active

69min

400% more than the median for men and women en_US

You are in the

99 percentile

of all men and women

Fitbit tracking priorities



2012

TRACKING APPS



TRACKING DEVICES

fitbit

endomondo



Lose It!



GARMIN Connect™

STRAVA

2012

TRACKING APPS



Lose It!

| Date | Workout | Time | Dist. | Av HR | Max HR | Strava | Red Z | Notes | Sleep |
|---------|-------------|------|-------|-------|--------|--------|-------|----------------------------|-----------------------------------|
| 9/1/13 | walk | | 2 | | | | | achy still | 6.5 - ok |
| 9/2/13 | ride | 254 | 42.2 | 150 | 192 | 221 | 111 | lots of climbs | 7 - not bad |
| 9/3/13 | walks | | 3 | | | | | tired, but not sore | 8 - ok |
| 9/4/13 | spin class | 53 | 17.7 | 137 | 170 | 29 | 3 | | 7 - so so |
| 9/5/13 | ride | 105 | 18.2 | 133 | 176 | 49 | 2 | achy at first | 8 - so so (had too much wine) |
| 9/6/13 | rest day | | | | | | | | 7.5 - not so great (1 ativan) |
| 9/7/13 | ride | 90 | 17 | 158 | 183 | 93 | 53 | ride with Vanderkitten | 5.75 not good |
| | ride | 55 | 10.7 | 154 | 170 | 51 | 24 | flat, but hot - 97 degrees | |
| 9/8/13 | ride | 42 | 7.3 | 146 | 184 | 30 | 8 | hot - taking bike to shop | 10.75 - with some wake periods |
| 9/9/13 | rest | | | | | | | | 6.75 so so |
| 9/10/13 | rest | | | | | | | | 6.5 - not good |
| 9/11/13 | ride | 72 | 13.5 | 128 | 160 | 30 | 0 | practicing higher rpms | 7.5 - not good at all |
| 9/12/13 | ride | 57 | 10.3 | 140 | 177 | 33 | 5 | higher rpms + climbs | 9.6 - pretty good (1 ativan) |
| 9/13/13 | rest | | | | | | | | 7.5 - ok |
| 9/14/13 | ride | 335 | 63.2 | 151 | 183 | 278 | 105 | Tour de Fuzz ride 100K | 6.75 so so - took 0.5 ativan |
| 9/15/13 | walk - rest | 60 | 2.75 | | | | | | 10 - good |
| 9/16/13 | spin class | 56 | 21.1 | | | | | high rpms for knee issue | 6.5 - not good at all |
| 9/17/13 | rest day | | | | | | | | 7.4 - so so |
| 9/18/13 | ride | 66 | 12.5 | 137 | 189 | 36 | 2 | | 6.9 - pretty good |
| | spin class | 57 | 18.8 | 132 | 170 | 29 | 3 | | |
| 9/19/13 | walk - rest | | | | | | | | 8 - ok |
| 9/20/13 | rest | | | | | | | | 7 - ok |
| 9/21/13 | walk | 60 | 3 | | | | | | 8.2 - ok (1 ativan) |
| 9/22/13 | ride | 56 | 10.2 | 131 | 166 | 27 | 2 | windy ride | 5.5 - not good / too much wine |
| 9/23/13 | walk | 60 | 2.7 | | | | | | 8 - ok (valerian) |
| 9/24/13 | rest | | | | | | | too windy to ride or walk | 6 - not good |
| 9/25/13 | spin class | 60 | 18 | 143 | 176 | 49 | 24 | working in harder gears | 7 - ok |
| 9/26/13 | | | | | | | | | 8 - ok |
| 9/27/13 | rest | | | | | | | | 7.5 - ok |
| 9/28/13 | ride | 186 | 32.6 | 158 | 185 | 187 | 131 | Canary Challenge ride | 4 - if that much & terrible sleep |
| 9/29/13 | rest | | | | | | | | 7.5 - ok |
| 9/30/13 | wak | 82 | 3.75 | | | | | | 7.7 - ok |

2012 ... 2014

TRACKING APPS



TRACKING DEVICES



STRAVA

GARMIN Connect..

fitbit

endomondo



Lose It!



2012 ... 2014

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

OVERALL SUMMARY

All sports ▾

| | |
|---------------------------|-------------|
| Total workouts: | 623 |
| Total duration: | 27d:04h:51m |
| Total distance: | 6136.75 mi |
| 🌐 Trips around the world: | 0.246 |
| 👤 Trips to the Moon: | 0.026 |
| Average speed: | 9.4 mph |
| Average pace: | 6m:23s |
| Calories burned: | 263366 kcal |
| 🍔 Burgers burned: | 487 |

[Show Statistics](#)



*Endomondo overall summary
to March 17, 2014*



Small changes make for big differences



GARMIN Connect..

Dashboard

Analyze ▾

Plan ▾

Explore ▾

Upload



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: --


[Like](#) · [Comments \(0\)](#)

◀ Previous Next ▶

 Like 0



 Share

 Export

 Compare

 Send to Device

 Save as Course

 Print

Details

Splits

Player

▼ 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

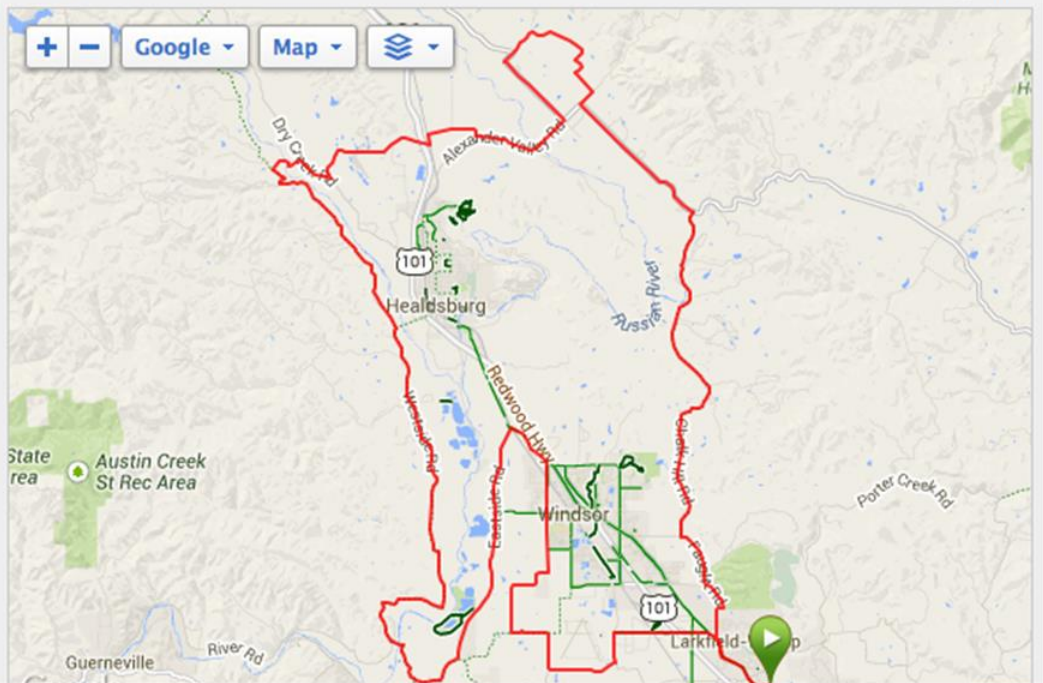
▼ ⌚ Timing

Pace **Speed**

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

▼ Map

Laps



Small changes make for big differences



going from the fitter 50s to a sounder 60s



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www.smallchangeblog.com