

Fitbit Flex Wireless Activity + Sleep Wristband Review

For some, exercising is an easy and even enjoyable part of the daily routine, and the reward is watching yourself evolve into a swimsuit ready body. Then there's the rest of us. Getting fit requires motivation and a lot of dedication and sometimes you just can't reach down deep enough to hit the pavement.

Overview

The Fitbit Flex Activity + Sleep Tracker offers an answer for even the most sedentary folks. The Fitbit Flex tracks your activity all day. It counts your steps, tells you how many calories you burned and how many minutes you have been active. It also measures your sleep quality and wakes you with a silent vibrating alarm. This may be the motivation you need to become more active throughout your day.

The Fitbit Flex will track steps, sleep, and calories. The wristband is slim and available in 3 sizes and 8 colors and is water resistant. The wristband is thin, flexible, and sleek. The only information displayed is 5 LED lights on a thin display. Each light represents 20% of your goal.

To see information about your daily activity, the Fitbit has to be synced with your computer or compatible smartphone. You then log into the Fitbit website and your dashboard appears showing your total steps for the day, the distance you traveled, how many calories you burned as well as how much quality sleep you got the night before. The Fitbit Flex has sensors that will detect how long it takes you to fall asleep and how many times you awaken during the night.

If you choose, you can also log your water intake and your food calories.

Specifications and Features

- Imported
- Rubber
- Monitors length of time asleep
- Monitors quality of sleep
- Silent wake alarm
- Slim
- Syncs wirelessly to computer

- Tracks steps taken
- Tracks calories burned
- Tracks distance travelled
- Counts very active minutes
- 5 day battery life
- Water resistant

Everywhere you go, your Fitbit goes too. Activity trackers are becoming increasingly popular, especially the wrist worn versions. The Fitbit Flex comes with the wristband, USB charging cable, and USB wireless sync dongle all packed neatly in a tight little box. Fitbit has a track record of providing quality fitness trackers. Like everything, it has its pro's and con's.

Pro's:

- The Fitbit Flex is simple to use and is an easy way to track your activity during the day and your sleep at night.
- It will sync wirelessly to your computer and select mobile phones
- It has both an iOS and Android application
- It is light, flexible and comfortable to wear
- It is water resistant
- Lower price than similar exercise wristband products

Con's

- The band is difficult to put on
- Doesn't track stairs
- Doesn't show number of steps
- Need USB dongle to sync

What Others are Saying

The Fitbit Flex Wireless Activity + Sleep Wristband has a 3 ½ star rating on Amazon. Those who like the Fitbit Flex like the lightweight feel of the wristband and the fact that it looks good on the wrist. It can be worn round the clock and only needs to be taken off to charge every 5-7 days. The fact that it comes in 8 colors is also a bonus for those that like to use it as an

accessory. Another common feature that is brought up numerous times as a definite plus is the fact that it is water resistant. It can be worn swimming or in the shower. Also high on the list of selling points was the solid TPU rubber of the wrist band. It is sturdy and holds up well to rough conditions.

The ease with which it synced with the computer and the simple interface of the Fitbit website kept people coming back often as they can connect with friends through the Fitbit app which provided an additional motivator. Many people who bought the Fitbit Flex got a lot of use out of the silent alarm feature. It vibrates on your wrist to wake you without disturbing your partner.

But then there are those people that had specific dislikes about the Fitbit Flex. One of the biggest complaints seemed to be the lack of a physical manual that could act as a quick guide on set up and how it works. Also an issue was the fact that the band can be difficult to work with, making it hard to put on. This was a common complaint. The only other major complaint I could find was the lack of a visual telling you how many steps you had achieved toward your goal.

Conclusion

Overall the Fitbit Flex is a great product that beats out its competitors in the same price range. It is comfortable, stylish, accurate and doesn't get in the way when working. The water resistant feature means that regardless of how much you sweat during your workout, your Fitbit will not be damaged. It's easy to use and has a range of features and data available to you through the website. Even with the con's you really can't go wrong with the Fitbit Flex.