

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



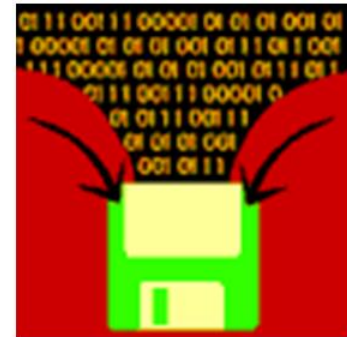
food intake

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:

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Results:

detect patterns in eating habits and wellness



SEPTEMBER

2011



Lose It!

Goal:

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Results:

detect patterns in eating habits and wellness



SEPTEMBER

2011

TRACKING APPS



TRACKING DEVICES



fitbit

endomondo

endomondo



SEPTEMBER

NOVEMBER

DECEMBER

2011

TRACKING APPS



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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?

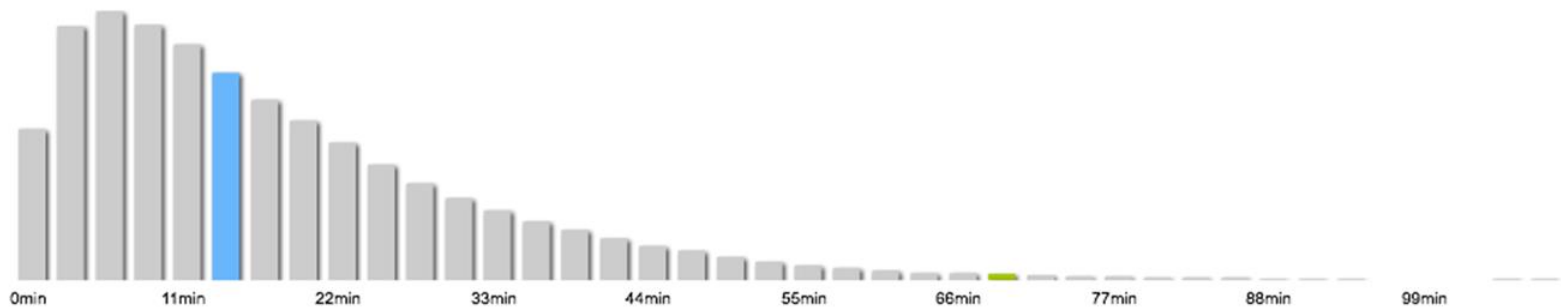
Daily Very Active Minutes

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

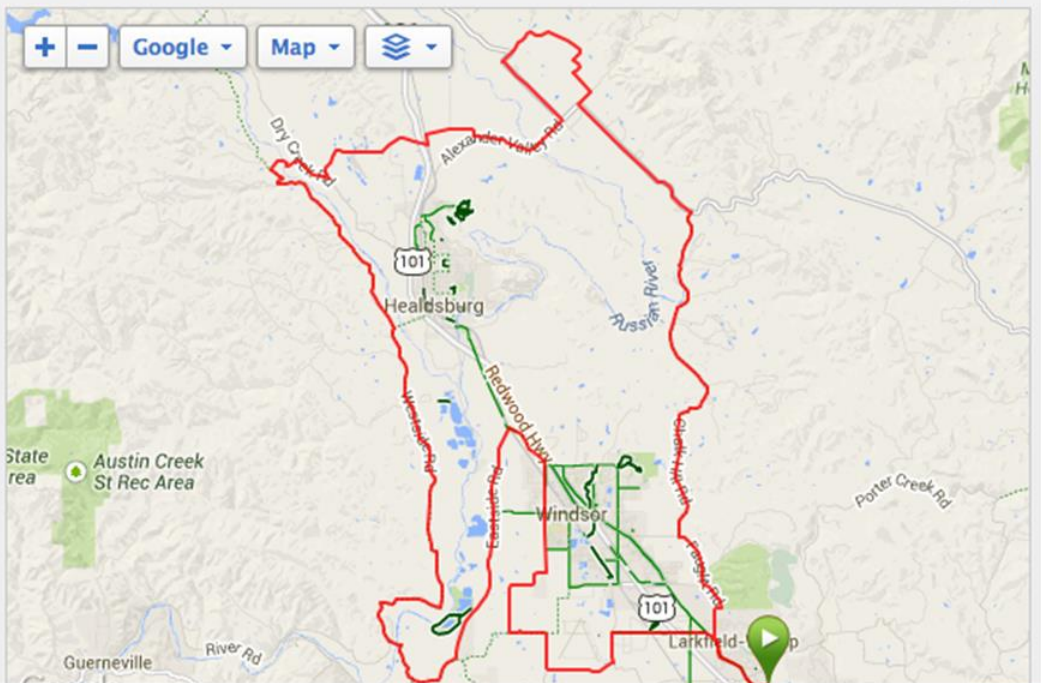
Details

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



Small changes make for big differences



going from the fitter 50s to a sounder 60s



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www.smallchangeblog.com