

# GO GO GADGET

A whole new crop of funky and functional health products can help you with everything from remembering your pills to counting calories. **By Jacqueline Nunes**

## Seven-Day Compact Pill Organizer with Alarm

Approx. \$10 | [www.mozzieids.com](http://www.mozzieids.com)

Ditch those awkward, ugly day-of-the-week pill organizers. Now you can carry your daily doses in a pretty, discreet compact with all the functionality of the oversized version. When closed, the compact is airtight and water-resistant, and its timed alarm will ensure you never miss a pill.



## FreeStyle Flash Blood Glucose Meter

Approx. \$85 | [www.abofitdiabetescare.com](http://www.abofitdiabetescare.com)

Three inches tall and 1.4 ounces in weight, the FreeStyle Flash is the world's smallest blood-glucose meter – and it only requires 3/10th microlitre blood sample, the smallest sample size.



## Sigg Bottle

Approx. \$20 to \$60 | [www.sigg.ch](http://www.sigg.ch)

Uneasy about plastic water bottles that may give off harmful chemicals over time? The Swiss-made aluminum Sigg bottle is lined with a food-grade, water-based resin that is sprayed then baked onto the bottle, ensuring that it doesn't leak toxins. One hundred per cent recyclable, it also comes in a variety of ultrahip styles.



## Salter 1450 Nutri-Weigh Dietary Computer Scale

Approx. \$120 | [www.salterhousewares.com](http://www.salterhousewares.com)

Not sure if that tempting blueberry muffin fits your diet? Place it on this Salter dietary scale to check its calories, protein, carbohydrates, total sugars, total fat, fibre, sodium and cholesterol on a large LCD screen. The scale's database stores the nutritional values of more than 1,430 foods.



## Garmin Forerunner 305

Approx. \$185 | [www.garmin.com](http://www.garmin.com)

It's a personal trainer on your wrist. This lightweight GPS receiver wraps a tracking antenna around your wrist to pinpoint your exact location while hiking, running, biking or performing any other activity, and continuously monitors your heart rate, speed, distance, pace and calories

burned. Receive a detailed post-workout analysis on your PC with the included software. The program also offers a feature that lets you compete against previous workouts.



## (HealthPod) Baby

Approx. \$60 | [www.healthpod.ca](http://www.healthpod.ca)

This bright, sturdy nylon binder keeps your baby's health information, including health contacts, allergies and immunizations, in one spot and helps you track your baby's growth from fetal heartbeats to developmental milestones. Full of useful advice, with lots of extra pages, the (HealthPod) Baby will keep you organized as your baby grows.



## Bodybugg

Approx. \$460 | [www.bodybugg.com](http://www.bodybugg.com)

Strap this gadget around your upper arm and it will record every move you make, from washing dishes to playing with your kids, with 92 per cent accuracy. Upload the daily data to your PC (the device is not yet Mac-compatible) and use the Bodybugg website to see exactly how many calories you've burned. ●

