

Health Literacy Kit: Digital Fitness Technology

Equipment List

Activ5

Activ5 helps you easily incorporate working out into your day. Improve your strength, flexibility, and endurance with short workouts adjusted to your strength level.

Oura Ring

The Oura Ring is a sleep and activity tracker that accurately measures heart rate and temperature changes.

Muse Headband 2

Muse 2 is a multi-sensor meditation device that provides real-time feedback on your brain activity, heartbeat, breathing, and movement to improve focus.

iHealth Air Pulse Oximeter

Accurately measure your blood oxygen level, pulse rate, and perfusion index with this wireless pulse oximeter. Clinically tested. View results immediately with the iHealth app.

Skulpt

The Skulpt Scanner measures overall body fat percentage quickly and accurately, measures local fat percentage in 24 different areas, and identifies relative strength of muscles and muscle quality of 24 muscle groups.

Apple Lightning to HDMI Adapter

This adapter allows you to connect the iPad to a display for programming purposes. For example, demonstrating the health apps on a larger screen.