

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.

Ultrahuman Ring AIR

Accurately measures your sleep, HRV, movement, and temperature, with insights to help you improve your health every day.

Zenimal+ (Teens/Adults)

Zenimal+ is a screen-free way to develop a mindful meditation practice. Loaded with nine guided meditations and three sleep soundtracks, Zenimal+ is a super portable, screen-free way to develop a mindful meditation practice. Cultivate empathy, gratitude, relaxation, and more at the touch of a button.

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.

Etekcitec HR Smart Fitness Scale

Break away from traditional fitness with the HR Smart Fitness Scale. Using BIA (bioelectrical impedance) technology, this scale provides a full body composition analysis in seconds. Customize the scale display and track your progress in the free VeSync app.

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.