

Mayo Clinic Minute

Gaining weight on your fitness tracker

VIDEO	AUDIO
Ian Roth	As many as one in five people has one, and most are hoping it will help them lose weight.
Ian Roth	But a recent study shows people who wear fitness trackers tend to lose less weight than people who don't.
KATHERINE ZERATSKY CLINICAL DIETITIAN Mayo Clinic	"Having an activity tracker doesn't necessarily translate into I'm a more fit person, or it's going to lead to automatic weight loss. An activity tracker is just a tool."
Ian Roth	Mayo Clinic Clinical Dietitian Katherine Zeratsky says that tool is helping people take steps toward being more active, but people tend to forget about the other half of the equation.
KATHERINE ZERATSKY	"So if you're looking to lose weight, you want to have a calorie deficit from your activity. You don't want to override that by, say, rewarding yourself with more calories with a rich dessert or a rich meal."
Ian Roth	Zeratsky says fitness trackers are great for getting people on track toward a healthier life. Just don't sabotage your work out by pigging out.
KATHERINE ZERATSKY	"If you're exercising more and your body says I'm hungry because you're having more activity, well then just choose to eat in a smart way that it won't sabotage your weight-loss efforts."
Ian Roth	For the Mayo Clinic News Network, I'm Ian Roth.