

Gift ideas for the fit, or those who want to be

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The latest personal fitness gadgets will help you smash your personal record, break you out of your fitness rut and persuade you to get sweaty.

Garmin Edge 500

This is all the intelligence gathering you need when you cycle. It records your distance, speed and time, it pinpoints your location, and it tracks your elevation so you will know when the hill will finally end. The Garmin Edge 500 also allows you to create custom routes and workouts online at garminconnect.com, which you can follow as you cycle. \$199 at garmin.com.

JayBird Reign Activity Tracker

Feel like skipping a workout? You'll need to place your finger on your JayBird sensor for two minutes first. It measures your [heart rate variability](#), and it will give you a score that will tell you if you're actually too fatigued to work out. This tracker, which looks like a modern bracelet, goes beyond the regular fitness-tracking stuff to even tell you how much sleep you need tonight to be ready to work out tomorrow. The tracker was released this month. \$199 at jaybirdsport.com.

Recon Snow2 Ski Goggles

When you pop these on, they will provide you with onboard performance stats, navigation info and buddy tracking. They have a dedicated graphics-processing unit providing brightness and contrast

along with screen readability so there's virtually no blur along the screen's edges. The vital info is there when you want it, and it's out of sight when you don't. You will be able to see everything from your speed to your jump air time, navigation, distance using the goggles' built-in precision GPS and an integrated suite of sensors so you will always know how fast you're going, how many vertical feet you have descended and how far you went. \$549 for the Snow2 HUD & UVEX G.GL 9 Bundle at reconinstruments.com.

Withings Smart Body Analyzer

Step onto this scale, and, in addition to your weight, it will give you your body-fat measurement and your body-mass index. You can also take your pulse every time you weigh yourself, and the scale will check the indoor air quality through its temperature and carbon dioxide measuring app to let you know when to clear the air. It can recognize as many as eight users, so everyone can have his or her own user profile and can access it independently. \$149.95 at withings.com.

Reebok Checklight

Wear this with or without a helmet, and it will log the total number of impacts you get. The motion sensors will alert the athlete, coach and parent to the severity of the impacts, and it's designed to help them figure out if they need to get further assessment of a possible concussion or injury. \$150 at reebok.com.

Schwinn CycleNav Smart Bike Navigator

The CycleNav attaches to your handlebars and syncs with your smartphone via Bluetooth. It's the perfect accessory for the cyclist who wants to explore without getting lost. After you enter the destination, the CycleNav will provide audio commands and visual light indicators to get

you there. At the end of the trip, it records stats from your journey, including distance, duration and calories burned, and you can share these stats on social networks. \$60 at shop.schwinnbikes.com.

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