|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
|  |

|  |
| --- |
|  |

 |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
| **Treat Yourself to New Tech****You’ve got your hands full, juggling life’s responsibilities and working toward success. Thankfully, there’s an app (or other tech resources) for that. Technology moves fast to catch up with our needs, but it only helps if we know about it!**Sometimes, when we’re struggling to fit it in and get it done—regardless of what “it” is—we just have to power through with more discipline, perseverance, and smart thinking. Other times, though, we have tools available to help us. We don’t want to overlook those resources and waste precious energy on something that our devices can do for us.**Fitness aids.** Perhaps you have goals for weight loss—or weight gain. Or maybe you just want to be healthier. Technology that helps you track and monitor your diet and exercise is constantly improving. Being able to monitor calories burned and heart rate in real time can be very beneficial when working towards your fitness goals. Whether you wear it on your arm, chest, or wrist, there is bound to be one that meets your needs.**Smart clothes.** It was just a matter of time before our clothes started embracing technology. Yoga pants that use haptic feedback will send a small vibration to the area of the body that needs to be adjusted. If you’re hitting the beach, you can get a swimsuit that measures UV rays and will send your phone a reminder when it’s time to reapply sunscreen. If you are a runner, there are socks that have advanced textile sensors that track how your foot lands. An app will give you tips for improvement, as well as track steps, altitude, speed, and distance.**Smart home devices.** Step into the world of home automation with doorbell cameras, smart lightbulbs and plugs, voice assistants, and more. Most devices are plug-and-play and are controlled with your smart phone, giving you the ability to manage your home while you’re away. Some products, such as smart thermostats, can even “learn” your schedule and reprogram themselves to match your routine, helping to minimize energy usage and costs.**Time-tracking apps.** We can’t forget the fastest-growing set of technological resources isn’t hardware; it’s software. Nearly a thousand new apps are released daily. A quick search will offer lists of recently-developed apps for tracking and maximizing your time. From logging the amount of time various activities take to minimizing distractions, these tools can help you be more productive and make the most of your day.**Money opens doors to possibility.** Money isn’t everything. But a quick look at these and other new technologies gives us a glimpse into the innovations that can make our lives easier—if we can afford them. Some of these things are investments you might be ready for now, and others are ones that you’ll take advantage of later. Contact me and we can talk about your financial goals and how to get there so that you can enjoy all science has to offer.

|  |  |
| --- | --- |
|

|  |
| --- |
| LET'S CONNECT |

 |

|  |
| --- |
| Tracking #1-05182330Expiration 08/24 |

 |

 |

 |