



## Burn calories burn.....TIMEX® Ironman® Wireless Fitness Tracker prize

Posted by Jennifer-CB at 2/2/2009 12:01 AM CST

Have you ever wondered how many calories you are burning throughout the day? I did, all the time! If you have been following along since early January you already know that I frequently ask Brendan, from **Peak Performance**, if any of my daily activities count as exercise. In fact, in response to one of my **exercise posts** Sherill actually posed the question... "Has anyone ever done a study on how many calories you burn chasing after toddlers?"

Well, here's your chance to win a great prize that would allow you to potentially start a study of your own. Maybe the lucky winner, myself and Susan can start our own study using this great fitness watch. (Sherill, before you know it you will be chasing Sasha around too!!) The watch is a **TIMEX® Ironman® Wireless Fitness Tracker**. It is designed with active women in mind who enjoy walking and jogging, or who are just interested in getting the most out of their daily routines. I've been using the watch since last Monday. It's actually replaced my usual TAG Heuer watch. Although I love my TAG, I have developed an obsession with knowing the number of miles I've walked and calories I've burned in a typical day. I was elated to learn that I burn over 900 calories in a typical day and that is without exercising!!!

For those of you who aren't familiar with a fitness tracking watch I bet it would be helpful if I explain that you wear the watch with the pod. The pod wirelessly sends your calories burned, steps taken, miles walked, etc. to the watch, so it's super easy to track. It's just like checking the time. You set your weight in the watch and also set the number of steps you take when walking, jogging and running so everything is customized to you.

When I received the watch I was so excited because it was a TRIATHLON watch. I was hoping it would work on land and water, since a triathlon is running, biking and swimming. Prior to attending an aquatic exercise class I reread the instruction manual. It appears that the watch is water resistant but I could not find confirmation that the pod was water resistant. I didn't want to risk ruining the pod so I didn't use it for these classes. My understanding is there are no pedometer products that can count steps when not on land and having the pedometer link with the watch is a fairly new technology on its own.

On Sunday I attended a "land" based class and burned over 400 calories. How amazing is it to actually know this information at the end of a work out class?!!

I also want to mention that the pod is extremely comfortable. At first I thought it might annoy me resting on my hip like a pager. Amazingly I don't even notice it is there. The product is sleek, lightweight, simple to operate and tracks steps, as well as distance, pace and my favorite... calories burned!!!

Here's a picture...



Isn't it cute? Mine is blue - I love it!!!

So are you interested in winning this amazing prize?

All you have to do is add a comment to this post. Your comment must include an answer to the following question...

*"How do you squeeze in exercise?"*

Take your time and write your best answer because the American Baby editors will be picking a winner based on the best response. But be aware that you must enter your answer by 11:59 pm Friday February 6, 2009.

Click here for full **contest rules**.

For those of you who don't win you can still get this amazing watch at a very reasonable price. It is available at [www.TimexIronman.com](http://www.TimexIronman.com)

<<http://www.timexironman.com/>> in blue, pink and black. The suggested retail price is \$90

GOOD LUCK!!