

# Best Wearables for Fitness and Health Tracking in 2025

**Fitness and health wearables** are highly personal tools that match your lifestyle and preferences. The ideal wearable should be comfortable, visually appealing, and aligned with your daily activities and workout routines.

Options include wrist-worn devices, bright rings, or clip-on trackers, each offering features to help monitor and improve physical activity, health, and overall well-being.

But how to choose the best wearable for you? Please read our guide below to discover what are the best wearables for fitness and health tracking.

## The Evolution of Fitness Wearables

The concept of **tracking physical activity** dates back to Abraham-Louis Perrelet, who created the first pedometer. Later, advancements were made by Thomas Jefferson, who improved on Perrelet's design.

Dr. Hatano's research suggested that 10,000 steps a day balanced caloric intake and expenditure for a healthy body, a benchmark still used in many fitness wearables today.

Recent studies, like one from the *International Journal of Obesity*, propose aiming for 15,000 steps for more significant health benefits.

## Key Technological Advances

The 1980s saw wireless heart rate monitors integrated into Polar watches, marking a milestone for fitness tracking.

Mobile technology also played a role, with the **Nokia 5500 Sports** handset pioneering accurate activity tracking using 3D accelerometers. These innovations laid the groundwork for today's wearables.

# Modern Wearables and Their Capabilities

[Wearables in 2025](#) combine advanced sensors, artificial intelligence, and data integration to deliver personalized health insights.

They monitor steps, heart rate, sleep quality, and even blood oxygen levels, providing **real-time data** to help users achieve their fitness and health goals. Enhanced connectivity enables seamless integration with smartphones and health apps.

## Benefits and Challenges of Wearables

Fitness trackers offer tools like **calorie tracking**, **exercise plans**, and **social features** through companion apps. These can motivate users to stay active and maintain healthier routines.

However, achieving meaningful results often requires combining wearable data with structured plans and professional guidance.

Success often hinges on incorporating the data into broader health strategies, including tailored diets and exercise regimens.

## The Role of Wearables in 2025

Wearables are not replacing traditional fitness guidance but **rather complementing it**.

Fitness professionals continue to play a vital role, as the effectiveness of health plans often depends on human expertise to create personalized strategies.

Wearables serve as tools to enhance accountability and convenience, but professional trainers and clinicians remain essential for sustainable results.

## Types of Health Wearables for Fitness Tracking

Popular health wearables for fitness tracking include:

- **Fitness Trackers:** Devices designed to monitor physical activity, including steps, calories burned, and distance. Many models also include features like heart rate and sleep tracking.
- **Smartwatches:** Multi-functional wearables that combine fitness tracking capabilities, such as heart rate monitoring, activity tracking, and [GPS](#), with smartphone-like functions like calls, texts, and internet access.
- **Heart Rate Monitors:** Devices focused on measuring heart rate during workouts. Available as chest straps, wristbands, or armbands, they provide precise data for optimizing performance.
- **GPS Watches:** Wearables using GPS to track location, distance, speed, and elevation. Ideal for activities like running, cycling, or hiking.

## How to Use Health Wearables for Effective Fitness Tracking

Health wearables are essential for tracking fitness progress and reaching health objectives. To make the most of these devices, focus on these key strategies:

- **Set clear fitness goals:** Define measurable and achievable targets that align with your health priorities.
- **Understand device features:** Familiarize yourself with your wearable's capabilities to maximize its functionality.
- **Wear consistently:** Regular use ensures accurate tracking and data collection.
- **Sync data frequently:** Keep your device synced to monitor progress, identify patterns, and refine your fitness plans.
- **Leverage data for improvement:** Use the insights provided by your wearable to optimize workouts, nutrition, and rest.
- **Utilize social features:** Engage in challenges or share progress to stay motivated and accountable.

So, what are the best wearable devices for fitness and health? Discover some of it below.

# Fitbit Charge 6

The Fitbit Charge 6 is a reliable wearable for **comprehensive fitness** and health tracking. It offers advanced features for activity monitoring, health insights, and everyday convenience, making it suitable for users of all fitness levels.

The device combines functionality with durability and integrates seamlessly with popular Google apps for added convenience.

Here are some of its best features:

- Supports 40 sports profiles for diverse activity tracking.
- Shares heart rate data via Bluetooth to [gym equipment](#).
- Features a vibrant color touchscreen for easy navigation.
- 5ATM water resistance for durability in wet conditions.
- Multi-day battery life for extended use.
- Built-in GPS for precise outdoor activity tracking.
- Monitors skin temperature, SpO2, and overnight health metrics.
- Provides on-demand ECG heart health checks and EDA stress readings.
- Includes Google Maps, Google Wallet, and YouTube Music integration.
- Customizable companion app to highlight personalized health metrics.

# Apple Watch Series 10

The Apple Watch Series 10 is a premium wearable with advanced fitness tracking, health monitoring, and safety features.

It delivers accurate performance, a refined design, and seamless integration with third-party fitness apps, making it an excellent choice for active users and everyday wear.

Here are some of its best features:

- Larger screen and slimmer case for improved aesthetics and usability.
- Lightweight titanium case option for added durability and comfort.
- Includes water depth and temperature sensors for aquatic activities.
- Accurate workout pulse readings are comparable to chest straps and armband monitors.

- Activity, Exercise, and Stand rings encourage daily movement and activity goals.
- Fitness+ workout streaming service with diverse classes and high-quality music.
- Advanced metrics for triathletes and runners include real-time power and stride length.
- Tracks body temperature deviations, fertility windows, menstrual cycle, sleep, and respiration.
- Alerts for high/low heart rates, irregular rhythms, and loud noise detection.
- Supports Emergency SOS, international emergency calling, and fall detection.
- Automatic 20-second handwashing timer for better hygiene awareness.

## Fitbit Inspire 3

The Fitbit Inspire 3 is a **budget-friendly fitness tracker** with essential features for monitoring activity and health.

It combines practicality, ease of use, and long-lasting performance, making it an excellent choice for those seeking affordability and functionality.

Here are some of its best features:

- Long battery life for consistent tracking without frequent charging.
- Bright color AMOLED touch screen with an always-on display option.
- Tracks steps, heart rate, calories burned, and sleep patterns.
- Monitors overnight SpO2 levels for added health insights.
- Simple design and user-friendly interface for easy navigation.
- Well-designed companion app for tracking key fitness and health metrics.
- Most affordable Fitbit option available under \$100.

## Garmin Lily 2

The Garmin Lily 2 is a stylish wearable designed specifically for women, combining a sophisticated, jewelry-like design with essential fitness, health, and smartwatch features.

It balances **aesthetics** and **functionality**, making it versatile for everyday wear and activity tracking.

Here are some of its best features:

- Elegant patterned face with an aluminum bezel and case.
- Slim 14mm quick-release band for a refined look.
- Tracks calories burned, energy levels, heart rate, respiration, sleep, SpO2, steps, stress, and workouts.
- Smartwatch features include phone notifications, music playback controls, calendar, and weather widgets.
- Water-resistant to 164 feet, suitable for swimming and water activities.
- Battery life of up to five days on a single charge.

## Garmin Venu Sq 2

The Garmin Venu Sq 2 is a practical and **affordable option** in the Garmin Venu lineup, offering a balance of essential health and fitness features at a lower price.

Its square design enhances text readability, and its long-lasting battery makes it convenient for daily use.

Here are some of its best features:

- Square design for improved legibility and ease of use.
- Battery life lasting up to nine days on a single charge.
- Integrated GPS for accurate activity tracking.
- Supports on-demand SpO2 readings for health monitoring.
- Includes Garmin Pay for convenient contactless payments.
- Offers most features of the round Venu 2 at a more affordable price.

## Oura Ring 4

The Oura Ring 4 is a sleek and **discreet smart ring** that offers advanced activity, sleep, and stress tracking.

Designed for comfort and precision, it provides health insights while maintaining a minimalist and stylish appearance.

Here are some of its best features:

- Compact design with improved sensors for accurate tracking.
- Measures blood oxygen, heart rate, heart rate variability, respiratory rate, and skin temperature.
- Tracks 40 exercise types, daily movement, sleep stages, and stress levels.
- Advanced women's health tracking, including cycle insights, fertility estimates, and pregnancy insights.
- Companion app provides detailed metrics like cardiovascular age and sleep regularity.
- Offers readiness, sleep, and activity scores for holistic health insights.
- Personalized recommendations to enhance overall well-being.

## Samsung Galaxy Watch FE

The Samsung Galaxy Watch FE combines innovative **health-tracking features** and extensive fitness options, making it a versatile and advanced wearable.

It delivers detailed insights into body composition, sleep, and activity while supporting various workouts and third-party apps.

Here are some of its best features:

- Wrist-based body composition analysis in 15 seconds, measuring skeletal muscle mass, fat mass, body fat percentage, BMI, body water mass, and BMR.
- Displays ranges (low, normal, or high) for all body composition metrics.
- Tracks sleep duration, stages (awake, light, deep, and REM), and overnight SpO2.
- Snore tracking when paired with a compatible smartphone, including snore recording.
- Supports over 100 workout types and can automatically detect certain activities.
- Access to third-party fitness and health apps via the Play Store, including Strava, MyFitnessPal, and Komoot.
- Offers innovative features unavailable on other smartwatches, like body composition and snore tracking.

# Conclusion

In conclusion, **fitness and health wearables** offer a practical and personalized approach to tracking activity, sleep, and overall well-being.

Whether looking for advanced metrics, long battery life, or stylish designs, there's a wearable to suit every need.

Selecting the right device depends on individual preferences, fitness goals, and lifestyle, ensuring users can maintain consistent health monitoring and make informed decisions for their well-being.