

Activity trackers may undermine weight loss efforts

By Gretchen Reynolds, New York Times

Wearable activity monitors can count your steps and track your movements, but they don't, apparently, help you lose weight. In fact, you might lose more weight without them.

The finding comes from a study published in JAMA that found dieting adults who wore activity monitors for 18 months lost significantly fewer pounds over that time than those who did not.

The results suggest that activity monitors may not change our behavior in the way we expected, and raise interesting questions about the tangled relationships between exercise, eating, our willpower and our waistlines.

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