

# Balance365 Episode 83 Transcript

## **Annie Brees**

Welcome to Balance365 Life radio, a podcast that delivers honest conversations about food, fitness, weight and wellness. I'm your host Annie Brees along with Jennifer Campbell and Lauren Koski. We are personal trainers, nutritionist, and founders of Balance365. Together we coach thousands of women each day and are on a mission to help them feel healthy, happy and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

Thanks for joining us on another episode of Balance365 Life radio. Before I tell you about today's important topic, I want to invite you to snap a selfie sharing how you like to tune into our latest episodes. And be sure to tag us @Balance365life on Instagram. I mean, I'm always looking for an excuse to post a selfie right?

Let's talk about today's topic. A recent study estimated that one third of people track their food or fitness using an app or wearable device. So it makes sense that you might be considering getting one for your kids too, right? Or does it? Fitness trackers are being offered to kids as young as six and on the surface that might seem like a great idea to incentivize your kiddos to put down the tablets and get moving. But you might want to proceed with caution. On today's episode, Jen, Lauren and I discuss important items to consider before you hand over a fitness tracker to your kids. And I think you're going to enjoy it. The gang is back together again. And my talk singing has returned. Lauren, it's your birthday today.

## **Lauren Koski**

It is.

## **Annie Brees**

How are you doing on your birthday?

## **Lauren Koski**

I am good. It feels like a normal day. I'm just a little older, I guess.

**Annie Brees**

Can you tell people what you said before we started recording?

**Lauren Koski**

Oh, I forgot that it was my birthday until yesterday. And people, like, used to say that, right, and I didn't believe it because I was like, "Okay, like, you're just, like, bragging about how busy you are." But I, like, legitimately forgot because my son's birthday is like next week and so I've been planning his birthday party. And you know, it's just not as exciting as it used to be.

**Annie Brees**

Well, I think it's really exciting. And if I were there, I would celebrate with you. Thank you.

**Lauren Koski**

I'm going to a concert next week. So that'll be my celebration.

**Jennifer Campbell**

Eminem?

**Annie Brees**

Kid Rock.

**Lauren Koski**

No, no.

**Annie Brees**

All right. Are you not going to tell us?

**Lauren Koski**

You'll have to wait and see.

**Annie Brees**

It's a secret?

**Lauren Koski**

No, Florida Georgia Line and Dan and Shay. .

**Annie Brees**

That will be really fun. Look at Jen, like, "Huh?"

**Jennifer Campbell**

I've never heard of those two bands.

**Lauren Koski**

Okay. It's not the Lumineers Jen doesn't know.

**Annie Brees**

Right. And Jen, you are headed out on a little mini business trip here shortly. So thanks for joining us, because you got a busy packed schedule as well.

**Jennifer Campbell**

Yeah. Would you like me to elaborate as well?

**Annie Brees**

You know, like, what are these, secrets? Am I, like, diving into your personal lives too much?

**Lauren Koski**

We don't want to bore anybody?

**Annie Brees**

I don't think it's boring.

**Jennifer Campbell**

I mean, it's kind of boring. I'm going to Minneapolis. And I'm there for a couple days. And then I'm headed into having a week off. And I'll be in Saskatchewan with family. My brother and his wife just had a baby. So I'm really excited about that.

**Annie Brees**

I don't think that's boring. I think that's really fun.

**Jennifer Campbell**

Yeah, it is fun. I can't wait for-

**Annie Brees**

Which part?

**Jennifer Campbell**

All of it. I'm really excited about seeing the baby, the new baby. You know, when your kids start getting older, like my youngest turns six tomorrow, actually. And you start getting, you go through this phase, well, okay, this is me. I'll speak for myself. I went through a lengthy phase of "Get babies away from me." And I'm back into that stage of being like "No, they're okay." Yeah, so I'm really excited.

**Annie Brees**

I think they're okay, as long as you can hand them back when you're tired of them.

**Jennifer Campbell**

Yeah, of course. their youngest is still three, right?

**Annie Brees**

Yeah, she's, I love three year olds, though. Like I think she's so fun to talk to. And we do our makeup in the mornings and, like, we hang out. But yeah, but I think babies are a lot, like, baby babies are a lot of work. And they stress me out.

**Jennifer Campbell**

I love babies. But my youngest cried so much the first year of life that I had, like, PTSD or something. And for years, if I heard a baby cry, I could, like, feel my anxiety going up. I was like, "Get me away from this baby."

**Annie Brees**

Yeah, hat tip to all the moms out there that are dealing with fussy babies.

**Jennifer Campbell**

Crying babies.

**Annie Brees**

Yeah, that's a rough job.

**Jennifer Campbell**

It passes.

**Annie Brees**

It does, it gets better. And then they're three and they're doing their makeup. I caught Blair in the bathroom saying "Do my eye shadow, do, do, do, do my eye shadow."

**Lauren Koski**

That's Benny's favorite song minus the eye shadow part.

**Annie Brees**

Yeah, I'm like, Okay, I guess this is what happens when you hang out with your mom this much. So speaking of kids, we have a topic that we've covered for adults before, but we have not covered it for children. And that is fitness trackers, should kids be wearing them? And we've covered this topic and a podcast called Tracking Weight, Steps, Food: When It Hurts When It Helps because we had been hearing from a lot of our Balance365 members that they had kind of a complicated relationship with fitness and food trackers. And so we address the adult perspective. And that podcast, if you haven't listened to it, go back and give it a listen. But this episode we want to discuss, should you let your kids use one? What are the pros? What are the cons? What are the components that you need

to be aware of? Jen and Lauren, do you guys use fitness trackers? I can't remember.

**Jennifer Campbell**

I do periodically. I didn't for a really long time, I think I shared on our adult podcast that I had, like a lot of women, developed a very unhealthy relationship with my Fitbit to the point that I just had to stop wearing it. And years went by. And actually, just this past year, I started wearing it again, because I just periodically to check in you know, because when you work a desk job, you can really underestimate how much you move in a day. And when we really got kind of busy with this company, and my life became more of a desk job my daily movement went down significantly. And I think I was in denial about that until I thought I'm going to check in with this with this Fitbit. And then I was actually shocked how little I move in a day. So, yeah.

**Annie Brees**

Yeah, it was just so it's just to help you create some awareness.

**Jennifer Campbell**

Yeah. And I mean, life like I'm not it doesn't rule my life. I'm a grown up. I'm the boss. It just kind of there to keep me honest.

**Annie Brees**

Yeah, Lauren, do you wear a fitness tracker?

**Lauren Koski**

No, I used to and I lost it. And I just never got a new one.

**Annie Brees**

That sounds like me. I think at the time we recorded the adult podcast, I was wearing an Apple Watch. But then I cracked the screen. So now it's just sitting in my cabinet on the to do list of things to get fixed. But that was probably six months ago.

**Lauren Koski**

Yeah, I'd like to get a new one. I just haven't. It's not a big enough pain point in my life.

**Annie Brees**

Yeah, so and I think we said this in the adult episode, that we don't think that there's anything inherently wrong about fitness trackers for kids or tracking movement in general, as it pertains to kids, it's more the relationship that you have with tracking or your kids have with tracking. And that we think deserves a conversation about whether fitness trackers for kids can be helpful and when they can be harmful. Do your kids wear any, Jen? Any fitness trackers?

**Jennifer Campbell**

No. But when I first got my Fitbit, because I actually got it, I didn't have one for years. And then my husband got me one for I don't know, Christmas or birthday some year. And I actually put it in the cupboard for like another year before I had decided, "Hey, I should check this out, see where I'm at." And when I first started with it, my kids were fascinated by it. And my son would ask to wear it all the time. And he would just want to look at his steps.

And, of course when Costco, we walked into Costco one day, and there was this big display of Garmin fitness trackers, I think they're called Vivo Fits. And they're, you know, they're marketed to kids, they have kid band, and they got really excited about that. And, you know, of course, "Can I have one? Can I have one? Can I have one?" But that passed. And then I think a kid at school got one that kind of flared up a desire for one again, and then it passed. But actually, actually, when my son is riding his bike over to his friend's house, I actually just will throw it on his wrist as a watch. And so he knows when to come home.

**Annie Brees**

Yeah, yeah. Lauren, what about you? Does Elliot?

**Lauren Koski**

No.

**Annie Brees**

My kids don't either. They've been curious about it. But it's more, it's more just me being concerned with investing an amount of money and them not treating them with care.

### **Jennifer Campbell**

Yeah, I mean, these, these Garmin ones were \$100. And my son got a watch watch, like a digital watch, for Christmas last year and two months later, gone. Who knows where it is? But it was like \$15. So the thought of getting buying \$100? Like, no way, not for our family anyways.

### **Annie Brees**

Right? And this is coming from a woman who just shared that I cracked my iPhone watch. So it's kind of like, you know, monkey see monkey do. Like, maybe I should also take better care of the things I have. But anyways, I just wanted to highlight some important, what we think are important components, whether when you're discerning, "Should my kid wear a fitness tracker? Should they not? What items do I need to consider?"

First and foremost, I think the most important thing and you know, we're not, like, parenting experts. We're just really speaking from our own relationships in working with women and parenting ourselves. But do your kids want to wear a fitness tracker, I think is, like, should be your first question. And I think so often you see parents kind of leading the crusade as trying to, as a means to motivate their kids to get up off the couch or put down, what is it Roblox that they're playing now or Minecraft or whatever? But if your child feels obligated to wear it, or is wearing it to please you that could start a negative connotation with exercise, which, if your intention is to get your child to exercise more, that could backfire on you rather quickly. Right?

### **Jennifer Campbell**

Yeah, yeah. I mean, I I'm really nervous about them. Actually, that day, we walked into Costco, I took a picture and posted it to my Instagram stories and said, you know, basically like, "Oh, God, can we not with kids?" And that's because I see so many adults that have, like, problems with their fitness tracker, and a lot of anxiety around them. And the responses I got a lot of you know, a lot of people agree with me, but a lot of people disagree with me and told me

"Actually my kids have one and they love it. Full stop." And I was like, "Oh, that was kind of a jerk move of me kind of judging."

But it did cause me to kind of pause, zoom out and go "Okay, like, again, maybe not every child develops an unhealthy relationship with it." I think that it's smart to look at the risk factors of your own individual child to see if a fitness tracker is right for them. The other thing is one woman who messaged me told me her son is autistic and the different challenges they have. Her challenge was getting him to do any exercise at all. And she had said, for whatever reason, they had this tracker, this Garmin VivoFit and it had been a game changer for her son in making it into a game because he can you earn credits for exercise.

And so I thought "Okay, Jen, you aren't the parenting expert, calm down." But it's just not something I'm comfortable with for my kids because of all the issues I see in adults.

### **Annie Brees**

Yeah, I think that's actually one of the kind of selling points is that it can gamify your food and fitness routine, which this is something we covered in our adult podcast episode because it has the same effect on adult as it does kids. And that can, this gamify concept can stimulate competition, like within yourself, like "Can I beat what I did yesterday? Or can I walk more steps than I did this morning? And can I walk more steps this evening?"

It can also stimulate competition with others, like friends or even strangers, depending on the community privacy settings, which we'll talk about in a little bit. And like you said, I think this can be a good or a bad thing, depending on the kid. And just like I really thrive on competition. I think it's like super fun. And I'm like "Okay, yes, I'm all in." And I know, correct me if I'm wrong, Jen, but like you see competition here like "Oh, no."

### **Jennifer Campbell**

Yeah, I'm not a competitive person. Yeah, the other thing I wanted to mention is that my middle son is a perfectionist. And I already see the tendencies because I was the exact same way. And I know now that that personality type is at higher risk for disordered eating and disordered exercise. Because obviously, a

perfectionist will be trying to get it perfect, I think perfectionists are at a high risk for many issues.

And so as far as looking at the individual children, that's something I think, well, my middle son could really get anxiety around fitness trackers. He gets anxiety around like spelling tests, because he has to do everything perfect. And so yeah, I think looking at the individual child, I can see, well, my middle son could really, this could really be a challenge, something that would start out fun would take him down a rabbit hole, and could be a source of anxiety for him. And my other two sons might be okay with it. However, what, you know, I'm just not going to bring that into our home kind of thing.

**Annie Brees**

And I think that's, that's the key here that you touched on like it, it can start out as something really fun and engaging and entertaining as it can for adults. But before you know it, you're like, "I'm not even going to go on that walk because I'm not wearing my step tracker. And it doesn't count. If I'm not wearing my step tracker."

**Jennifer Campbell**

Yeah.

**Annie Brees**

Or like, if you like you have it like separation anxiety. Or you feel bad because you didn't achieve as many steps today as you did yesterday.

**Jennifer Campbell**

Yeah. And if your kid develops those same issues then, so for example, on the VivoFit, you can earn screen time. And it's like, so then it's almost like how adults use movement as earning your food. Do you know what I mean? Like it can become this really unhealthy association.

**Lauren Koski**

They use treats as a reward for dinner. Like it's kind of the same concept.

**Jennifer Campbell**

Yeah. And rather than just getting a child to move to move, can you imagine if one day, you wanted to go for a family walk? And your kid is like, "Well, sure, because I'm going to get screen time for this." You know what I mean? Rather than just enjoying the family walk, right? So I'm just not sure that's a path I want to go down.

### **Annie Brees**

Well, and you might not know that it's happening until it happens.

### **Jennifer Campbell**

Exactly.

### **Annie Brees**

And so as much as I would love to end this episode be able to be like "This is a surefire Yes. This is a surefire no" like this, you know, welcome to parenting, you're just gonna have to do your best to discern and hope you don't screw it up, right? The other thing that I want to think, I think is really important, and I'm pointing out is, if you're considering some of the various fitness trackers on the market, I think it's worth the investigation to look at what elements it's tracking. I know for a while Sloan had, my oldest, had a step tracker, I think it was like a UNICEF step tracker. And it was had a really cool initiative in it that for every mile she walked, they donated something to an underserved population like you, I think it was, you know, clean water to an underserved population. And all it was tracking with steps.

And also know that there's fitness trackers out there that can track way more than that, like sleep, your total minutes moved, your body weight, you can maybe track the calories you've burned, or even input calories that you've consumed. And I think it's important to create some awareness on like, are these elements that my kid really needs to track and be concerned of? Do I want them to have knowledge and awareness of this? Is this even age appropriate? What do you think?

### **Lauren Koski**

Yeah, I mean, I think all of that, I think you just have to be really aware, like Jen said, of your kid, you have to be really aware of the possible drawbacks and

things that come along with it, like we said, viewing movement as punishment, viewing movement as it as a reward for something else. Because most kids, at least when they're younger, they are intrinsically motivated to move. It's fun for them, right? And once you add a reward, you can negate that possibly. Not saying that it can't be helpful for some kids, you just have to be really aware, I think.

**Annie Brees**

Right? Because now they're climbing the tree to earn a reward or earn the screen time or get the steps-

**Lauren Koski**

Or they're not climbing the tree because they need to get their steps and climbing the tree isn't steps, you know?

**Annie Brees**

Yeah.

**Jennifer Campbell**

Yeah. And it disconnects you from the experience when you become overly concerned about what you're earning?

**Annie Brees**

Yeah.

**Jennifer Campbell**

And it's interesting how the three of us pause, you know, so it really depends where you're at, if you think this would be a good idea where the three of us have really seen the dark side of the fitness industry and the dark side of, you know, the rabbit hole people go down with fitness. And so of course, the three of us, you know, we're going "Whoa, caution, like really proceed with caution." I think the problem is in the general population, a lot of people just haven't woken up to that yet, maybe. And they think, "Whatever the fitness industry says is gospel." Like a lot of people don't even know that there's absolutely no science around

10,000 steps a day, like there's no real reason to have that as a goal. It just what, it's what the, you know, it's just the default setting on the fitness tracker.

### **Annie Brees**

I'm almost certain, I think I shared this in previous podcasts. But I'm almost certain that the original creators of the pedometer, the technology available couldn't exceed 10,000, or something like that. So it was just like, that was just the limit. And then all of a sudden, it was like, this is just the thing now. And it turns out, it might be a really good stretch goal. But what we see and adults is women being like, "I can't get 10,000 steps. I just get so they feel so discouraged they don't do anything at all."

And we're over here saying like, "Okay, well, if you really want to track your steps, how about you shoot for 5000?" And they're like, "But no, no. 10,000 is like the goal." And we're like, but yeah, right. Right, like, so it's not that we're I don't think we're saying no to fitness trackers for kids or adults, for that matter. Obviously, you have one, my kids have used one in the past, it's more just like, we're like giving a side eye, you know, like-

### **Jennifer Campbell**

Yeah, and the problem is that these things come for sale at Costco. And, you know, people that don't have the awareness we do they walk in, and they're like, "This is awesome." Or, you know, it happens to come out right before Christmas, like the ones we saw last year. And it's like, "Oh, this would be a great Christmas gift. It's in the price range I can afford. It's new. It's cool. My kids seem to really want it. Great Christmas gift."

### **Lauren Koski**

And then we have to talk about marketing to kids, right? Like, do they want a fitness tracker? Do they want it because it has like Mickey Mouse on it? Or PJ Mouse? You know?

### **Jennifer Campbell**

Yeah. And that actually could be a whole new podcast is the fitness industry and food industry-

## **Annie Brees**

Food Industry? Yeah, yeah. So I think kind of what we've been talking about in a roundabout way is that like this can this can greatly affect how your kids view health, quote, unquote, and it is potential that they could spark like an obsession with health. And yeah, and-

## **Lauren Koski**

One thing I noticed that you-

## **Annie Brees**

Sorry.

## **Lauren Koski**

One thing that I don't think we've mentioned yet, too, is that just like with food, we've done a podcast on kids and food. They're black and white thinkers when they're young. And so they don't, like if they have a goal on their step tracker, you know, the same as we were just talking about with adults. It's not like, "Oh, well, if I don't hit it, it's okay." It's like good versus bad, black and white. Like, that's just how their brain at a certain age thinks.

## **Jennifer Campbell**

Yeah, and so what message as a parent, are you, you know, are you giving them right? So is it. So when my son did borrow my step tracker, so my thinking was that I was wearing one and I found it helpful and I didn't want to create this thing around it, where I told him they were bad. Or you It's like when you won't let, it's like, that restriction thing, when you won't let your kids do something they become obsessed with it. And I thought, you know, I was nervous about it. But I thought "Just just let him wear it a couple of times, he can see this actually kind of boring, right?"

Because he's just, he thinks it's this really cool thing. But it's really not like it's something I literally look at, you know, a couple times a day. And so that's what I did. I let him wear mine for a couple times. And he was like, "Oh," you know, and then the magic is lost, because he's done it. It's like going on a ride. You know

what I mean? Like, "Oh, okay." An underwhelming ride at. You're like, "Oh, this wasn't that fun."

So I didn't want to, you know, and that because I think that's also important on how we communicate things to say, you know, there's the one end where parents are like, "This is the best thing ever, it's going to track your steps so you can be healthier. And that could cause anxiety." Then there's the other end of the spectrum where where we see this, you know, people who are like sort of obsessed with finding diet culture everywhere. Those are bad, they are bad. You know what I mean? Like it creates another type of preoccupation.

### **Lauren Koski**

Yeah, yeah. And I think as a parent, you if you're wearing one, you need to be aware of your relationship with it and the words that you use, you know, Are you frustrated and saying, "Oh, I didn't hit my stuff goal today" and complaining about it? And then your kid has one too, you know what I mean? It's the same thing with with food, again, that we talked about in the food podcast.

### **Annie Brees**

Yeah, cuz like monkey see, monkey do.

### **Jennifer Campbell**

Yeah, if you're looking at your kids data and telling them "Oh, you didn't move very much today," you again, like it's the same thing as judging them for their food. You're just taking your kids on this anxiety ride over food and fitness, right at a very young age and keeping in mind, they really are bombarded with kind of weight and body talk from a young age like all, you know, all the research supports that at a very young age kids already are aware, you know, they're aware of weight loss, aware of dieting, aware of food choices, we've had podcasts on this, we see it in our schools being taught like they're already in that environment. And so introducing Fitbits, or any fitness trackers can be just a slippery slope.

### **Annie Brees**

Absolutely, I mean, I think we share that statistic, I know we share that statistic in our free workshop about what is it, like, 40 to 50% of nine to 12 year old girls are already, sometimes or more often on a diet, like-

### **Jennifer Campbell**

Yeah, and that's the other thing to know is like, again, I know boys have, you know, body image issues. And it really is a growing demographic, you know, that men are having body image issues and boys, but I guess, historically, we've always seen the stats are way higher, and girls, right, as far as body image issues, dieting, eating disorders.

And so I feel like if I had it, I feel like there's a difference of letting like a nine year old boy test out my fitness tracker, run around the block, look at the steps, "Cool!" And then he moves on with his life to, like, buying a 13 year old girl a fitness tracker, who is already, has already started to become preoccupied with her weight. Do you know what I mean? Like the likelihood of that fitness tracker becoming a tool for learning versus a tool for punishment. You know, it's very different between those two children.

### **Annie Brees**

My last point too that I think parents really need to consider is the privacy that comes along with these fitness trackers, because a lot of these fitness trackers have accompanying online communities. And there was a children's online privacy protection act that states that personally identifiable information about children under 13 cannot be collected unless parents give consent.

But I have friends that have kind of that tween age girl that have certain fitness memberships to online communities that can chat with other people. And I think that's like a whole nother ball of wax that you need to be considered when you're potentially purchasing a fitness tracker, like, who can they connect with? Who can see this information? What information can they see?

### **Jennifer Campbell**

Have you guys seen that new Netflix documentary?

### **Lauren Koski**

Which one? Can you be more specific?

**Jennifer Campbell**

It's on my home screen every time I log in. And so my husband and I started watching it the other night. And I didn't, we didn't get too far in it. But it was very interesting. And I'm going to pick it up. It's all about data collection, and how apps collect data from us, including, you know, the big ones like Facebook, but also-

**Annie Brees**

Like the face app, the whole conspiracy kind of age, the one that was making everyone older. Yeah, it was like super popular recently.

**Jennifer Campbell**

Oh, yeah. I mean, who knows? Right? Like, they are collecting that data, and they're selling it? Yeah. And that's what people don't understand, actually, just because we're a little bit in the tech world. And, and I used to work for a tech companies I I know a little bit more. And when you, nothing is free? Nothing. Absolutely nothing is free. And when you are using an app, even if you're paying for it. I mean, who reads the terms and conditions, let's get real here.

On the front end, you are doing this, you know, whatever purpose this app has, if it's a game or whatever, on the back end, they are collecting data from you, your behavior. So and yeah, so they're tracking your behavior, and they're selling that. And so I would be interested in knowing what, you know, if these apps, these fitness trackers and the accompanying apps if you know, we don't know what's going on there.

What data are they collecting, as you said Annie, and who are they selling it to? It's called The Great Hack. That's what the, that's what the documentary is called? Yeah, so we were just like my husband, I were like, "Whoa, like it made us want to delete all of our apps on our phone."

**Lauren Koski**

I was just gonna say, don't tell my husband because he will break his phone and throw it in the garbage.

**Annie Brees**

But all jokes aside, though, it is, not that you're joking. But Lauren was joking about, oh, maybe she wasn't? I don't know. I think it's something to consider that, you know, and also, I mean, honestly, not to, you know, alarm anyone, but from a predatory standpoint, you know, like, who are they connected with on the other side of that screen, their watch, that app or whatever, you know, and I think the way it works with some of them is you have like an interface on your watch. But then you have an app to support that. And so then parents can see their kids stats, and you can choose what controls or whatever you give to your kid, but it's just something to consider, like, how much freedom do you want to give your kid and again, it's, it's probably dependent on their age and their maturity and the kid. So yeah.

### **Jennifer Campbell**

I think too, it's important to understand that there's other ways to get to your goal of increasing your child's movement, right? So that's, and that's something that hasn't even dawned on a lot of adults yet, like, you know, when they think about fitness, or getting healthier or losing weight, there's one way in their mind, and it's usually the most extreme thing they can think of, right, so they need to get back into that diet, or get back into that exercise program that they have tried to do a million times and failed, because it's just not sustainable. And so fitness trackers could be a part of that, if that's kind of been your history.

So then when you look at your child, and you want your child to be healthier, change their eating habits, change their movement habits, your brain just might go to the same place to you know, and it's so when you see these fitness trackers, the first thing could be, "Oh, this is great if I could get my kid on this." But if you can exercise caution, or just zoom out a bit and think, are there better ways of achieving this goal I have of increasing my child's movement. And for me, I thought there are, first of all, I personally am not worried about my children's daily movement. But if I were I have many different tools for accomplishing that outside of using a tracker or a reward system.

### **Annie Brees**

And I think, kind of along the same lines, both adults and kids, is when we're thinking of how, so you know, I'm guessing if you're listening to this, and you're considering getting a fitness tracker for your kid, you're probably wanting to increase their movement. That's, the majority of the time, that's why parents

would consider something like this. And whether you're an adult or a kid, you can, it's so easy just to do what everyone else is doing. Everyone else has a Fitbit, everyone else has an Apple Watch. Everyone else has, you know, like, my kids five other friends have this fitness tracker. And like you said, it's smart, Jen, to have just a buffer, like, just, like, pause, like, consider all aspects.

### **Jennifer Campbell**

There's a kid at my son's school. I don't think he's there anymore. He was there last year. And he would come out after school every day, take an iPad out of his backpack and sit down in the school yard and start playing on his iPad. So of course, my son thinks this is the coolest thing, right? And all these kids would surround this kid with the iPad. And he was so cool, because he had an iPad. And so of course my kids are going "We want an iPad." And I'm, and you know, we have a family iPad. My kids don't have iPads, individual iPads yet. I don't know. Never say never. I don't know if we'll ever go there and no judgment to anyone whose kid does have an iPad, but I was like, "No." Do you know what I mean? Like it was just, it's that, like, bandwagon thing like, which we know parents are very susceptible to.

### **Annie Brees**

Adults are. Like, "Oh my gosh, all my friends are joining this gym or they're jumping on this diet. They're doing this thing," like, oh, or if even when we're shopping, like, "It's on sale. Okay, you're buying it? Okay, I'll get it too I don't want to miss out."

### **Jennifer Campbell**

Like, yeah.

### **Lauren Koski**

Or even just like know, your kid asks enough times, and you're maybe like-

### **Jennifer Campbell**

"You're worn down."

### **Lauren Koski**

Yeah, I don't want to say, "I don't want to hear you ask any more."

**Annie Brees**

Fine, just take it.

**Jennifer Campbell**

Which is part of marketing to kids, for companies, like they put this stuff, that's why there's stuff at the checkout. And you know, and that's why there's stuff when we walk into Costco because they know, I mean, people don't understand that there's enormous strategy around this stuff, product placement, so they know where to put things so that kids ask you and ask you and ask you until eventually you're just worn down and you just buy it, you know what I mean?

**Annie Brees**

And then you give it to them, and then they break it within two weeks. That's what would happen in our house. Well, okay, I think we covered a lot of great points to consider, you know, we don't have a definitive answer for you, it's going to be dependent on your kid and your relationship with it and their relationship with, what you would think their prediction of the relationship would be but hopefully we gave you some food for thought on what this could potentially turn into, the harmful downsides of what this potentially could turn into and help you pause a little bit more before you-

**Jennifer Campbell**

And know, like, as always, no judgment if you are using a fitness tracker with your kids and your kids love it and you guys find it to be a really positive thing for your family. We totally get gray area, nuance, what's right for one family isn't always right for the next. We use, we got really into Pokemon Go a couple years ago. Do you guys remember when Pokemon GO was big? Yeah, so that was sort of a combination of tech and movement. And that was sort of like a reward system because we would go out and, you know, they're looking for Poke things to battle. And there's a new Harry Potter one now, I don't know if you guys have started using that.

**Lauren Koski**

Uh uh.

**Annie Brees**

No.

**Jennifer Campbell**

Oh, so it's like a Harry Potter walking game where you can, I haven't played it yet but I actually think that would be great for our family, we would really enjoy that. But I do remember when the Pokemon Go one came out there was that kind of backlash amongst whether it was fitness or parenting community saying like, "Oh, get kids off screens already. Like, you know, when they're outside, they should be outside". And so, you know, I felt that and I felt that judgment, but we found it to be really fun and positive and it's moved on. We've moved on from it. I don't, we don't even have the app anymore. But so, like, I get that sometimes it's just different for your family. And it's not a negative thing. And yeah.

**Annie Brees**

Yeah. So in true to Balance365 life form, do what works for you.

**Jennifer Campbell**

Yeah.

**Annie Brees**

And we'll be here in the meantime to give you some points to consider in the process, right? To help you discern what's best for you.

**Lauren Koski**

Yes.

**Annie Brees**

Awesome. Good topic, ladies. Thanks for joining us.

**Jennifer Campbell**

Yeah.

**Annie Brees**

Okay, bye.

**Jennifer Campbell**

Bye.

**Lauren Koski**

Bye bye.

**Annie Brees**

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