

# How To Be Your Own Fitbit

By Ginger Bisplinghoff, RN, BS

What's a Fitbit you say? It's been the latest rage since the company was founded in 2007. You have probably seen someone wearing a purple or pink or blue bracelet that doesn't really look like jewelry but the person always has it on. Perhaps you even wear one yourself and know exactly what it is.

Fitbit Inc. is a company in San Francisco that manufactures activity tracker products. A Fitbit tracks your steps, miles walked or run, heart rate, steps climbed, quality of sleep, etc. It's an **awareness** tool.

**Awareness** is the key word. I am a firm believer that awareness is 99% of the solution to any problem that we have. Wikipedia states,

"Awareness is the ability to perceive, to feel, or to be conscious of events, objects, thoughts, emotions or sensory patterns."

So, how do you become your own Fitbit and increase your conscious awareness of your thoughts, feelings, activities, challenges, successes, sleep patterns, etc.?

1. You may find the good, old-fashioned method of keeping a journal or diary an important first step. The act of writing actually integrates your two brain hemispheres allowing you to become more clear, focused, and yes, aware.
2. Develop a ritual of meditation. This could be a silent, solitary experience, a group meditation or a moving meditation such as walking, gardening, yoga, knitting, etc.. The act itself quiets the mind and allows for introspection, peacefulness and awareness.
3. Your physical body is constantly sending you messages about what is occurring on a deeper level - mental, emotional and/or spiritual. It is sometimes hard to know what all of the aches and pains are really telling you. A few books that I recommend are: *The Secret Language of Your Body* by Inna Segal, *Heal Your Body* by Louise L. Hay, *Women's Bodies, Women's Wisdom* by Dr. Christiane Northrup and *The Emotion Code* by Dr. Bradley Nelson, to name a few. Each of these books offers a holistic awareness of the

health and wellness of your body as well as suggestions for changing your perspective and increasing your health naturally.

4. As a kinesiologist, I would be remiss if I didn't discuss the power of muscle testing as an awareness tool. Muscle testing is a biofeedback tool that allows you to have access to your Body Wisdom, which includes cellular information on the physical, mental, emotional and spiritual level. You can start to access your Body Wisdom by using your physical body as a pendulum. For example: stand up and let your arms rest by your side. Say aloud, "show me what a positive or 'yes' looks like." Your body will start to fall forward. Next say, "show me what a negative or 'no' looks like." Your body will want to fall backward. This simple tool gives you a starting point when you need information or awareness that is true for you.
  
5. To help you with further body awareness, I recommend Donna Eden's book, *Energy Medicine*. It is filled with valuable information and guidance for understanding and healing your body on all levels. It's easy to understand with numerous pictures and energy exercises for feeling more connected and focused.

Since YOU are the only source of information about you, take the time to invest in being your own Fitbit. Get to know yourself on a deeper, more profound level. Open up to your inner guidance, whether it be from your little voice, an inner vision, a knowing, a gut response or just a feeling.

"Trust your gut. You know yourself, so don't let somebody else tell you who you are."  
Tatiana Masiani



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