



The power to do more

INFORMATION

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The Daily Star
DHAKA, MONDAY, DECEMBER 21, 2015
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BYTES

TOP SIX FITNESS TRACKERS NOW IN BANGLADESH

Fitness trackers are no joke since they can save your life one day considering that you have no intention of slowing down on the donuts and chocolates. But it makes us feel good when we set a daily goal and complete it (or not). So this week we bring you the top fitness trackers you can get around here in 2015.



MICROSOFT BAND 2 (TK 22,000+)

Microsoft's fitness-tracker has come a long way since it was first released. Sure the improvements were painfully slow but right now, it's a near perfect device for keeping your health in check and as long as you don't throw it against the wall because it goes dead on you every 48-hours, there's no doubt that this is the one you should get within a 20k budget.



MISFIT FLASH (TK 2,000+)

Being a very light product with a beautiful round screen, this is as simple as it gets. It'll keep track of your daily activities and show your progress and the time but it doesn't count your steps. If you're on a tight budget and prefer a classic watch like fitness-tracker then this is what you should get.

JAWBONE UP2 (TK 8,000+) AND UP3 (TK 15,000+)

Jawbone's Up2 is the most minimalistic fitness tracker I've seen. It's not going to blow your mind away but it's perfect for tracking basic physical activities. Plus it's not going to ditch you in the middle of the day with its week long battery life. Too bad it's just water-resistant and not water-proof. Its big brother, the Up3 is packed considerable upgrades and is definitely worth buying if you're looking for a tracker that'll get the job done require a small amount of interaction from your part.



* Actual prices may vary.

COMPILED BY ABHIK HASNAIN

FITBIT SURGE (TK 20,000+)

The Surge is a nightmare for design enthusiasts. But that's not what makes them good fitness trackers. Along with all the basic functionalities you'd want from this product, it also shows you notifications from your phone and lets you control your music player from your wrist. It's the obvious choice when it comes in comparison with the Charge HR. That is, if your pocket agrees.



FITBIT CHARGE HR (TK 12,000+)

With heart-rate tracking, sleep-tracking and all the usual bells and whistles, paired with a good charge span, the Charge HR walks the talk. It's a top contender when it comes to tracking your pulse and keeping your health in check.



XIAOMI MI BAND (TK 2,200)

This is THE best budget tracker you can buy. This little device has nothing but three LEDs to interact with you but you can do so much with it. It's water resistant, can track your sleep patterns and even can be used as a Safe Device for security measures. The only downside- it's not compatible with iOS. But for 12k, it packs quite the punch.



JUST IN TOTOLINK WIRELESS ROUTER WITH 3G/4G CONNECTION

Totolink has introduced two new wireless routers G150R & G300R with 3G/4G network connection. It comes with advanced WPA/WPA2 for robust security, multiple SSID for access control and QoS for outstanding bandwidth control. G150R has 1 X 5dBi one fixed antenna for continuous network connection. It provides 150 Mbps wireless data transmission rate for most reliable



connection. G300R has 2 X 5dBi two fixed antenna for continuous network connection. It provides 300 Mbps wireless data transmission rate for most reliable connection. Both of them have USB 2.0 port for 3G modem connection. For IP setting both of them have LAN interface, WAN interface and VLAN setting.

PRICE: TK. 2100/- & TK. 2500/- ACCORDINGLY.

BURN IT UP: TOP THREE FITNESS APPS TO HELP YOU SHED THOSE EXTRA POUNDS

With apps for just about anything, how do you decide which ones are worth your time (and your phone's storage)? It's hard to be motivated to pick just one, let alone put it to proper use. With the New Year right around the corner, it's time to take your health into your own hands. Literally. Here are three amazing health and fitness apps that are about to change your life.

CALORIE COUNTER - MYFITNESSPAL

This app does exactly what it says and so much more. With a database of

Counter syncs seamlessly with over 50 other fitness apps. And its handy barcode scanner will definitely help you with those pesky packaged foods you can't help but snack on.

But the best feature of Calorie Counter is probably the personalised reports it gives you. Gain insights into where your calorie are coming from and how to make healthier choices. Equipped with Calorie Counter's recipe calculator, there is no way your next diet is going to fail.

NIKE+ FITNESS CLUB

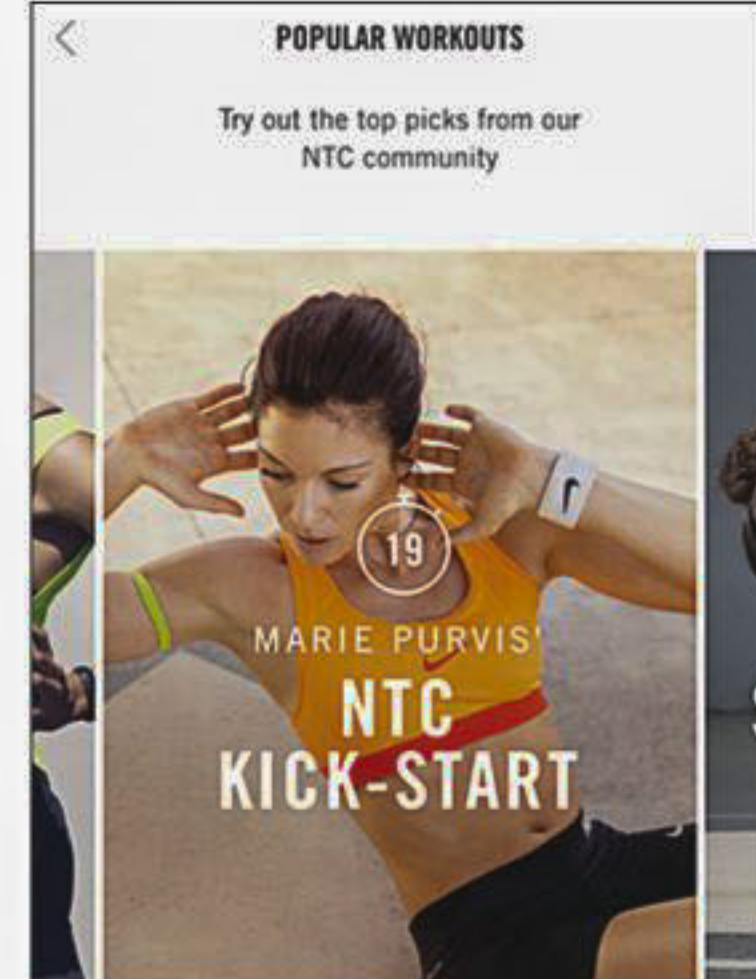
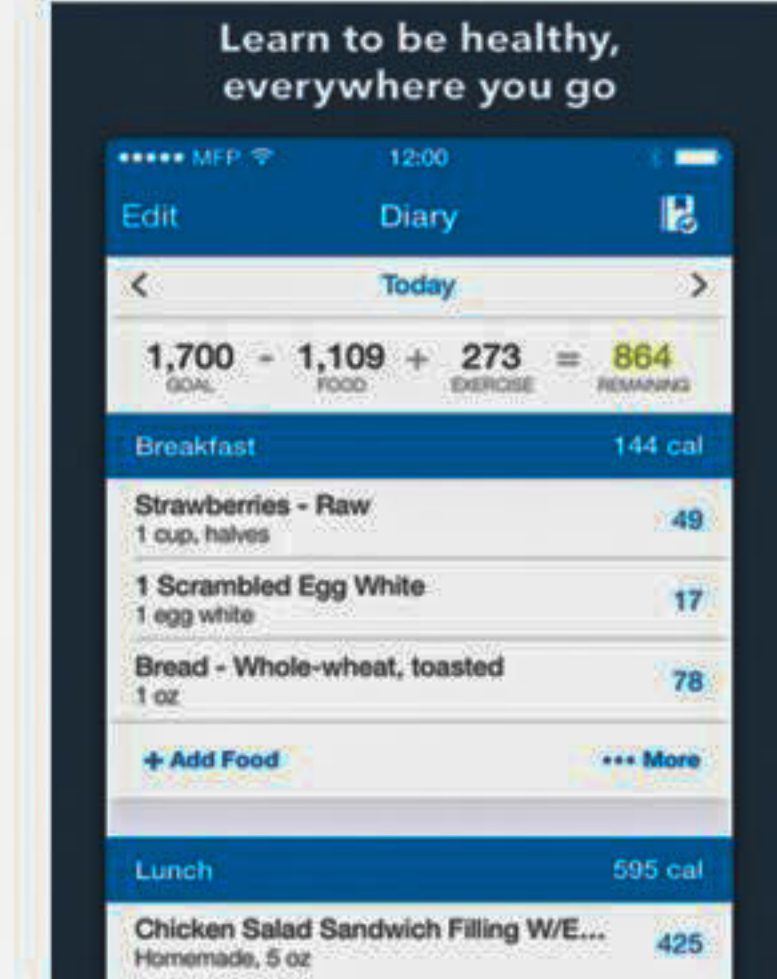
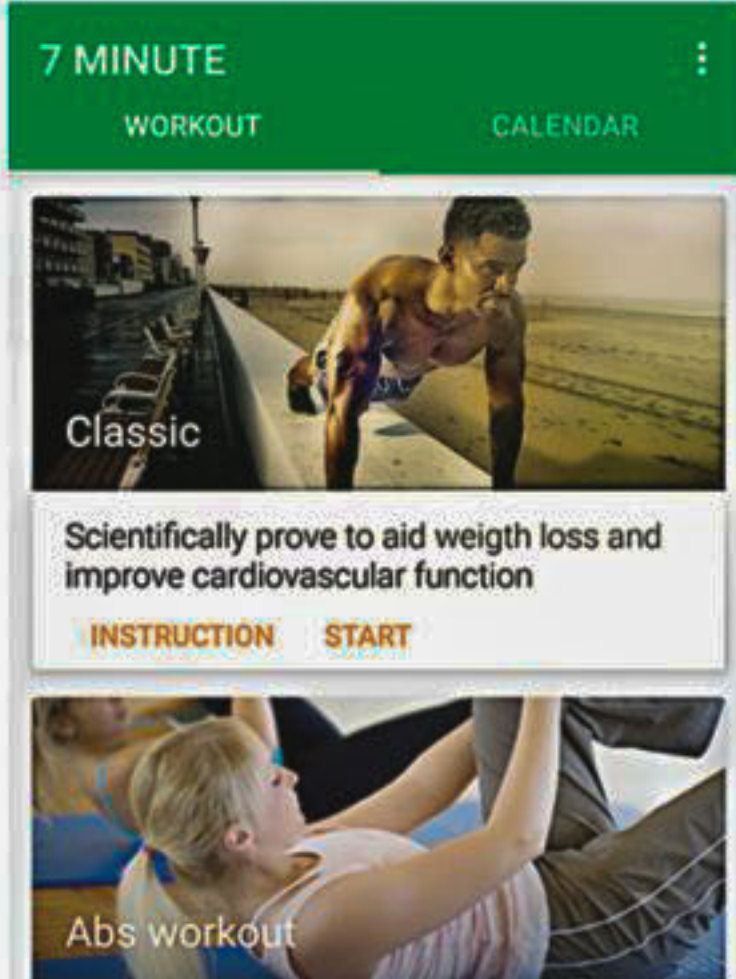
Nothing beats a fitness regimen

iPhone or your Android, and measure your hard-earned effort by number of workouts, minutes, average calories and NikeFuel.

7 MINUTE WORKOUT

While high intensity circuit training or HIIT might sound intimidating at first, it is actually super appropriate for ordinary people who want to fit in some minimal investment, maximum pay-off exercise into their daily routines.

The 7 Minute Workout is perfect to improve your muscular and aerobic fitness, and make you feel healthier.



over 5,000,000 foods, the fast and easy calorie counters helps you keep track of those extra pounds you've been tucking in.

After downloading the app, you'll be asked a few simple questions. Then let Calorie Counter work its magic. You'll get a personalised diet and exercise program made just for you. Chooses from over 350 cardio and strength training exercises - there's something for everyone.

Available for free on Google Play and the Apple App Store, Calorie

designed by Nike's very own master trainers and pro athletes. This app offers you over 100 workout routines suitable for all fitness levels, a Sport Feed for tips from the trainers, and programs for different fitness goals (get lean, get strong, or get toned).

Workouts are customisable and let you choose the drills that are right or your body. With beautiful video tutorials for all workouts and plenty of rest days, this app has great pay-off for those of you looking for your very own no-fail personal trainer. Get Nike+ Fitness Club for free on your

The workout essentially consists of 12 exercises to be done for 30 seconds, with 10 seconds breaks in-between. All you need is a chair and a wall.

The App Store and Google Play have the same workout app by different developers for free. With its simplistic UI, the app is easy-to-follow and is bound to get you moving. So whether you're at home or in the office, give the 7 Minute Workout a go. You won't be disappointed.

BY: AMIYA HALDER

TECH HAPPENING



MICROSOFT LAUNCHED LUMIA 950 & 950XL

Microsoft Bangladesh on Tuesday announced the launch of Lumia 950 and Lumia 950 XL in the Bangladeshi market. These latest flagship devices in the Lumia range of devices are the first to ship with Windows 10 right out of the box. Both Lumia 950 and Lumia 950 XL feature Continuum for phones, enhanced by the optional Microsoft Display Dock accessory (sold separately). This Windows 10 feature allows the freedom to use the phone like a PC by connecting it to a monitor and transforming it for larger-screen entertainment, or adding a keyboard and mouse to work like a PC with Windows 10 apps like Microsoft Office, while simultaneously taking calls or performing other tasks. "We designed Lumia 950 and Lumia 950 XL for people who want the most productive smartphones running the most productive operating system," said Sandeep Gupta, General Manager of Microsoft Mobile Devices Sales, Emerging Asia markets. Both devices feature a QuadHD AMOLED display featuring up to 564ppi, which means photos, videos and even simple reading show up well, even in sunlight. Moreover, Microsoft's PureView technology has been built into both Lumia 950 and Lumia 950 XL cameras, boasting a 20MP sensor at the back and a 5 MP, wide angle sensor in the front as well as triple LED natural flash. The Lumia 950 and Lumia 950XL are expected to be available in Bangladesh on 18th December.

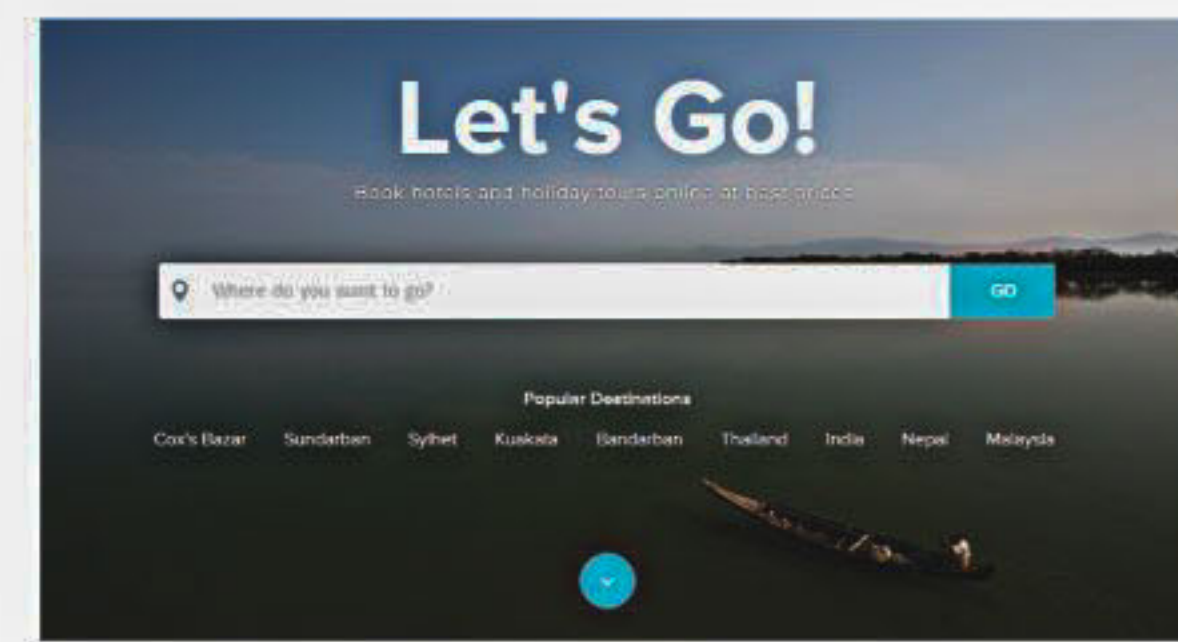
ICT DIVISION SETS UP SOCIAL MEDIA AND ANALYTIC CLOUD LAB

A special experimental lab titled 'Social Media and Analytic Cloud (SMC)' is to be set up in the country. The specialized lab has been set up at the ICT Division premises and will focus on cyber security and big data analytics. The lab is set to be inaugurated today by ICT Advisor to the Prime Minister Sajeeb Wazed Joy. In this lab four was built in mind with four research and work on four key ingredients of digital disruption: Social,

Mobility, Analytics and Cloud.

VROMON.COM.BD - A NEW SITE FOR PLANNING TOURS ONLINE

To cater to the growing tourism industry in Bangladesh, a new venture has just launched called vromon.com.bd. Travelers or tourists can now get all their required information regarding their journey, starting from hotel booking, to car booking, buying tickets and deciding on tour packages, all online and sitting in their own living rooms. Vromon.com.bd will not be restricted to book-



ings or tickets for specific locations. In fact, users will be able to get all the information related to their travels (such as places to dine or nearby tourist spots etc), on the website.

NATIONAL GIRLS PROGRAMMING CONTEST HELD

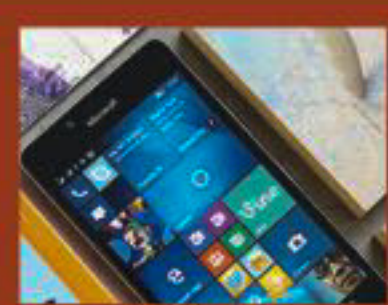
1st National Girls Programming Contest held on December 12, 2015 at Daffodil International University as part of 'Computer Science Education Week 2015'; just like 160 other countries across the globe. This was the biggest programming contest for women participants for the first time in the history of Bangladesh. This event was hosted by Bangladesh Open Source Network (BdOSN) and Bangladesh Computer Council (BCC). A total of 63 teams from different public and private university, colleges and schools took part in the contest.



TECH BITS
Insider allegedly hacked lottery software in multiple states



Microsoft delays Windows 10 Mobile upgrade for older Lumias



Apple Pay comes to China in early 2016



Sony working on phone batteries that last 40 percent longer



Juniper Networks finds backdoor code in its firewalls

