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Is the fitbit inspire hr worth it

TODAY'S BEST DEALS
The Fitbit Inspire HR is a slim fitness tracker that'll help nudge you towards developing healthier everyday habits. It's now been succeeded by the Fitbit Inspire 2, which adds extra workout tracking tools such as Fitbit's 'intensity minutes' metric, but the Inspire HR is still a solid choice if your needs are simple. We're expecting to see some good deals on older Fitbits like the Inspire HR for Prime Day 2021 as Amazon aims to clear out stock, so it's a great opportunity to grab a bargain. Previously, the likes of the Fitbit Flex 2, Fitbit Alta, Fitbit Alta HR and even the Fitbit Zip sat in that lower price bracket, but with the Fitbit Inspire and Fitbit Inspire HR that has all changed. The company has slimmed down its budget range and brought it all under one roof with these two new affordable trackers. They try and achieve more than the devices listed above but don't come with the same level of functionality as the Fitbit Charge 3. **Image Credit:** Fitbit
You can now buy the Fitbit Inspire HR from the official Fitbit website as well as a variety of third-party retailers in the US, UK and Australia. The Fitbit Inspire HR is a touch more expensive than its heart rate-less sibling at \$99.95 / £89.99 / AU\$179.95. That's for a version with a silicone band, while other bands cost between \$24.95 / £19.99 / AU\$44.95 and \$64.95 / £59.99 / AU\$99.95, with options including leather, double wrap and stainless steel. You can buy clips for the basic Fitbit Inspire that allow you to wear it on a belt, pocket or bra rather than around your wrist, but these aren't compatible with the Fitbit Inspire HR, so you'll have to opt for the cheaper tracker to be able to use one. Considering the Fitbit Alta HR - a product with a similar spec to this tracker - launched in 2017 for \$149.95 / £129.99 / AU\$249.95, this is quite an affordable fitness device. Arguably, it's one of the best trackers from a price standpoint that the company has ever created. Fitbit is generally more expensive than its competition though, so this isn't the most affordable tracker on the market for the functionality you'll be getting access to here. **Design and display**
This is one of the narrowest and therefore sleekest-looking fitness trackers you can buy right now - though it's quite thick. Still, it's by far one of the most attractive trackers Fitbit has made, and it's notably lighter and thinner than the Fitbit Charge 3. This replaces the Fitbit Alta HR and Fitbit Flex 2 in the company's line-up of trackers, and it feels like an amalgamation of those two with a few refinements to ensure it's a smoother product. You've got the color choices of black, lilac or white for this tracker. Silicone bands come with it by default, but you can upgrade to a variety of other straps if you're looking for a more formal or just different look. For the purposes of our review we used the black tracker, but the other two choices look good on the wrist as well. If you don't like this look specifically, it's notable that there's a large variety of different straps and accessories you can use to change up its look. Fitbit makes some but there are also lots of third-party options. On the right hand side of the body there's a button that you can use to wake the device and take you back to the home screen. To go through your various stats you'll be using the touchscreen, but it isn't as responsive as a smartwatch display. **Image 1** of 2 **Image 2** of 2 All you really use the screen for is swiping between a couple of menus to show your stats for the day. You can start a few features using the touchscreen, including exercises and guided breathing sessions, but you'll have to swipe up to find these. That's quite an unintuitive part of the user interface, and we often found ourselves scrolling through the menu a couple of times before we remembered where the option we were looking for sat. The screen also didn't register all of our swipes, so sometimes you may find yourself getting frustrated with navigating around the tracker's menus. It's a black and white display, which isn't an issue for the sort of stats you'll be looking at on the screen. It's important that you also know the display doesn't take up the whole front of the device shown in the images in this review. There are some big, thick bezels at the top and bottom of the display as well as lines going down either side of the Fitbit Inspire HR's screen. Those bezels at the top and bottom of the screen are 1.1mm, while the ones to the side are 3mm. Considering the tracker is 37mm long and 16mm wide that doesn't leave a huge amount of space for the screen. That said, we didn't find it irritating in day to day use, and especially with the bezels being black it's not clear that you've got these big bezels on all sides. The Inspire HR comes with a swim-proof build which means you can wear this in the shower without worrying about it getting ruined. At the time of our original review, we thought the Inspire HR was incapable of tracking swims but it's actually possible to track swim lengths, duration, distance and pace. We've yet to test out this feature, but we hope to update our review with a full verdict on its swim capabilities at a later date. **The best Fitbit Inspire HR bands and straps**
Image Credit: TechRadar
TODAY'S BEST DEALS
Being able to track your activity and be accountable for your progress can give you the nudge you need to get moving, and get healthy. For many years, Fitbit has been pretty much the best when it comes to fitness and activity trackers. I've reviewed many of them and compared them to other trackers and smart watches and they're consistently the best. There's a Fitbit for nearly every need and for any style you want to wear. One of the newest is the simple, sleek Fitbit Inspire HR. I had a chance to wear one for a week and report back. Here's what I found. What is Fitbit Inspire HR? Fitbit Inspire HR is Fitbit's newest budget activity and sleep tracker that you wear on your wrist. Unlike the regular Inspire, this one adds the ability to track and monitor your heart rate too. While the regular Inspire sells for about \$99 CAD the HR version is about \$129, but either way these are the least expensive Fitbits you can get. The Fitbit Inspire HR tracker comes with a basic silicone band and a simplified monochromatic touchscreen display, but you can also customize the different bands to add just the colours and styles you want to match either your workout or your wardrobe. In the box, your Fitbit Inspire HR includes: The Tracker with small wristband (color and material vary) Charging cable Additional large wristband Setting up Fitbit Inspire HR Usually, set up will be a simple process. Before you do it, make sure your Fitbit app is up to date, or download it fresh from the Apple store or Google Play. If you already have a Fitbit tracker installed on your account, that could complicate your set up. The last couple of times I've added a new tracker, the app won't 'see' the new device- the old one stick in there. You may want to unlink or remove it from your account. To begin setup, plug your tracker in. Go to Settings> Add Device> and then choose Inspire. The app will search for the device, so keep it close. You may also need to install a firmware update. It took quite a while to set up the device and install the update when I did it, so be prepared. When it's all ready, the app will tell you and you'll see the current time displayed. Strap it on and get moving! You can turn on 'move reminders' that will nudge you if you'e been sitting too long, and you can also set silent alarms that will buzz you at certain times too. There's so many ways to get you moving. Using either the touchscreen to swipe through the screens on the device, or the app you can see your progress at any time. What does Fitbit Inspire HR do? Fitbit Inspire HR will: Track Activity, Track Sleep, Help you set and meet goals and give you extra motivation. This Fitbit will not track your floors climbed, but unlike the regular Inspire it WILL track your Sleep Stages (REM, deep, Lite) it will also track Swimming and other activities, as well as your heart rate. The HR version will also track your pace and distance through your phone, something the regular Inspire also can't do. It will give you call, text and calendar alerts direct to your wrist, but you can't reply to them or respond; you'll need to go to your phone for that. It also doesn't support Fitbit Pay. How to get alerts to Fitbit To get alerts you'll need to make sure your Bluetooth is on on your phone, and you'll need to turn on 'All Day Sync' in settings. When I was testing it out, I got call alerts okay, though they wouldn't display automatically: you'd get a short buzz and then you'd need to touch to see what it said. Initially, I wasn't able to get it to receive texts. I tried shutting the device off and toggling the settings in the app, but no go for the first few hours I was wearing it. Oddly later in the day, I just started getting my messages after all. So although there was some initial weirdness, everything seemed fine in the end. How to calibrate Fitbit? How to adjust stride length? One final tip: you can calibrate your Fitbit Inspire HR to count your exact steps, not a universal average as many other fitness trackers do. To calibrate your steps and adjust stride length go to Settings> Advanced Settings> Stride Length. You can choose to have it configured automatically or to input your specific stride length. I've found doing this makes Fitbit wildly accurate. You can also change the clock face in Settings as well, choosing simple displays and fonts or the option of showing more data. What does the Fitbit app do? The Fitbit app is your command centre for all your stats. You can check your steps, sleep, and exercise at a glance. You can also sync it to a Fitbit scale like the Aria 2 (**read the review of Fitbit Aria 2 here) and have it automatically track your weight. The Fitbit app launched female health tracking also not too long ago. It can track your periods and fertile days as well as other things like mood and any symptoms. Once you start adding your cycle, the app can give you an idea when your period will fall in the future. In the app you can also add goals like how much sleep you want to get, and choose if you want your Fitbit to remind you it's getting close to bed time. **Battery Life:** Fitbit Inspire HR A fully-charged Fitbit Inspire HR has a battery life of up to about 5 days. The battery is definitely long lasting and doesn't need as much attention as something like a smart watch, which is nice. It charges up by clipping into a small cradle and plugging into a USB port. Charging fully takes about 1-2 hours. While the tracker charges, you can press the button to check the battery level. While the screen on the Inspire HR is small, it's easy enough to read. Plus you can change the font size somewhat to make it easier if you need to. Swiping through the screens you can see your steps, calories, active minutes, and total kilometres. So Who is Fitbit Inspire HR for? Inspire HR's price tag makes it an entry level tracker. Plus, it doesn't boast the colour display of some more expensive models. This version is definitely for those looking for something unobtrusive and not obvious to wear so they can keep tabs on fitness and heart rate in particular. How accurate is Fitbit Inspire HR? You can easily test it by counting your steps in your head and comparing that against the readout. If it's off at all, just adjust your stride length inside the Fitbit app. As for sleep, I found it also very accurate, calculating my sleep stages to match when I might have woken up in the night. I've tried numerous Fitbits and especially when calibrated, they're the most accurate fitness and activity tracker (or smartwatch) I've ever used. With Heart Rate, I guess it's hard to tell how accurate it is on it's own, since I don't have an EKG or anything to check it against. Overall review of Fitbit Inspire HR fitness & activity tracker Overall Fitbit Inspire HR gives you most of the smart features you want and all of the heart rate monitoring and fitness and activity tracking you need. I've recommended Fitbits for a long time, because they're easy to set up and use and they work well, have a long battery life and they're accurate as all get out, so I can recommend this one too. If there's any downsides, it's just what this one is missing because it's a smaller, cheaper option; things like Fitbit Pay so you can leave the wallet at home. The screen is also pretty small, but again, these are all things you can get as you step up the Fitbit device ladder; this one is all about your budget. It sells for about \$129 CAD from places like Best Buy or Amazon. [amazon link asins="B07P2Y68V7,B07NZNZL5M,B07P42Y6LH" template="ProductCarousel" store="techgadcanada-20" marketplace="CA" link_id="051484d2-2f14-4ed1-81e8-22462c1ecbc6"] *A note about Affiliate Links: Occasionally I will include affiliate links in my reviews. I do this partly for convenience of the reader (since I'll almost always include a link to the company website or similar anyway) in case you want to read more or purchase but I also may get a small commission from the click, which helps me keep the blog running. If you chose to use this link I thank you greatly for supporting the blog. There's no obligation or cost to you for using this link. Related

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