

# Technology and Fitness

**Listen and decide if the sentences below are true(T) or false (F).**

1. Prof. Morris thinks there are too many gadgets related to fitness.
2. Prof. Morris is keen on the heart monitor because of its size.
3. The phone app suggests what speed you should be cycling or running at.
4. Users of the phone app can motivate each other.
5. Prof. Morris says the smart scale is rather old-fashioned.
6. The smart scale can keep track of more than one user's data.