

# The Latest Gadgets Reviewed

by Shane Burke

Shane Burke reviews some of the latest gadgets. In this article, he focuses on the Nest Learning Thermostat and the Moov Now fitness tracker.

## Nest Learning Thermostat 3rd Gen

Smart homes are becoming more and more the norm. Nowadays, we speak to our devices to stream a boxset or play our favourite music through a bluetooth speaker, but have you considered a smart thermostat?

Thermostats don't exactly spring to mind when you think of smart tech. The Nest Learning Thermostat 3rd Gen isn't like an ordinary thermostat you're likely to find in your house. Nest has successfully created a smart device to control home automation. At €230, this thermostat is a little more expensive than its competitors.

The functionality is certainly worth the extra money. As with all smart thermostats, Nest provides a helpful mobile app to allow you full control of your heating while out and about. The app allows you to create a 7-day schedule and view your monthly usage. Standard features aside, Nest really comes into its own with the Thermostats learning capabilities. The Thermostat can program itself. It learns from your routine and tracks each time the temperature is adjusted. If you are a predictable person, this happens after a week, otherwise it keeps learning until it finds a pattern.

The thermostat has built-in sensors that monitor humidity, temperature, light and movement, and it uses the information it gathers from them to feed into its automatic schedule. As the thermostat is connected to your home WiFi, it regularly checks for local weather reports to see how it will



affect your home. It will also report any malfunctions it detects with your heating or cooling.

The main feature is to help you save money by reducing your energy costs. It does this by using motion and light sensors to activate Auto-Away mode to change the temperature when nobody is home. Nest allows you to change this setting to detect the location of your mobile phone instead, a process called geofencing. This feature will activate the thermostat when you are within a few kilometres of your home, so it will be at a comfortable temperature when you arrive.

## Moov Now fitness tracker

The Moov Now claims to be the most advanced fitness wearable on the planet. Moov is unlike most other fitness wearables on the market. Instead of a fancy screen, they have kept their design very simple. A small plastic sensor with a rubber band to wear around your wrist or ankle. The reason is for increased durability and to be sweat proof.

Moov goes beyond the limitation of Fitbit trackers and most others on the market by designing their own 9-axis sensor called Omni Motion™. This means it can capture and analyse motion in 3D. 3D motion is just one of the features that sets the Moov Now apart. Moov have also developed a real-time coach which helps you while you are working out. The coach is a smart phone app and is best paired with wireless headphones.

Moov can help you with guided workout such as Circuit Training, Running, Cycling, Swimming, Cardio Boxing, Treadmill Running, Indoor Cycling and Open Tracking. It's smart enough to recognise your exercise during a workout without having to

open the app. Moov sets itself apart with the real-time coach. While you are running it will measure the impact of each time your foot lands on the ground and tell you when you need to land softer. During a cycle, Moov will measure cadence and tell you when you need to push yourself and when to take a break. The boxing coach will instruct you to make different combinations and measure your hand speed. The swimming coach knows your lap time and helps push you to reach your best.

The app allows you to set your fitness level but also provides the option of taking a fitness test. The fitness indicator inside the app is a great motivator to push yourself further to reach your goals. Moov also have a heart rate monitor which can be paired together to give the ultimate workout experience.

As William Thomson said, "If you can't measure it, you can't improve it". With Moov, you can measure everything!



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