

Published based on [Manage Your Calories The Easy Way With A Body Bugg](#)

# **Manage Your Calories The Easy Way With A Body Bugg**

With the convenient [body bugg](#) armband device, you have the ability to control your weight and manage your calories 24 hours a day. This valuable calorie manager will prevent you from wasting your hard earned dollars on those so-called convenient pre-made diet meal plans. You will love the convenience of the Body Bugg - as you will always be able to keep tabs on every calorie you consume so you'll know when you can splurge or put on the brakes in your eating. This will add up quickly for you, especially when you can actually see, in numbers, how to achieve your weight loss goal.

### **The Necessary Calorie Information You Need to Know, Courtesy of the Body Bugg**

You can quickly see how many calories you have burned throughout the day. Once you have reached your milestone for the day, you can simply relax or with the extra time you will have, prepare for the next day. All you have to do is throw in a little exercise if you are needing a little help keeping your calorie numbers at the lower level. In addition to, or instead of light exercise, you may decide to eat a lighter meal. It is entirely up to you. The Body Bugg lets you see your calorie intake and allows you to make instant adjustments to your diet plan by letting you know how close you are to your daily limit.

### **A Variety of Sensors For Your Calorie Data Collection**

To get an accurate reading of calories burned, the Body Bugg looks at 4 physiological parameters. For a complete calorie profile, evaluations and measurements of your motion, steps, skin temperature, and sweat rate are recorded. It's amazing how much diet tech can be found in an otherwise simple armband. The only problem is, you won't have any more excuses. You are given scientific data and the range you want to be in. You can adjust your physical activity or food intake to get in the ideal range.

You may remember seeing the Body Bugg shown on the TV show THE BIGGEST LOSER. It will be your own personal coach as it calculates and shows you when you reach your goals with real time decision making.

You can also find this article published on [Manage Your Calories The Easy Way With A Body Bugg](#), and on the tag pages [body bugg](#), [calorie management](#), [exercise](#), [the biggest loser](#), [weight loss](#).