

EVOLVE LEVEL 6, Unit Quiz 9A

- Bill** Welcome to The Every Day Show. I'm Bill Peterson. With me this week is Jade Jones, who's been testing products that make us healthier. The first one is called the Smart Scale, right?
- Jade** That's right. OK, so we all have a scale that measures our weight. Well, the Smart Scale does that and much more. When you step on it, it also checks your heart rate, measures the percentage of body fat and water in your body, as well as calculating the mass of your bones and muscle. All the data gets transferred to an app and you can track the changes over time.
- Bill** Seriously? It can measure fat and muscle?
- Jade** I was skeptical at first, too, Bill. Well, the scale sends a very low and safe electric current through the body. As electricity flows faster through water and muscle than bone or fat, the scale measures the speed of the current. From that it calculates the percentages. I would recommend it, because it does give impressively accurate readings. But if it helped me lose weight it would be better!
- Bill** OK, what else did you test?
- Jade** It's called Ultimate Sleep and it's a device that stands on your bedside table, tracks your sleep using sensors, and ... the best part ... wakes you up when you are in the light stage of sleep.
- Bill** Incredible. I hate it when the alarm goes off and I'm in the middle of a dream. And does it work?
- Jade** Yes and no. Amazingly, it did wake me up 80% of the time when I was in light sleep, and I felt much better. The problem was that when my husband moved, it also detected his movements, which sadly affected the results. So I have to decide between my husband and my gadget!
- Bill** I'm happy to take it off your hands!