

Touch Cardio the latest addition to TomTom wearables

The TomTom Touch Cardio is the new addition to the company's range of popular wearables. Following the launch of the TomTom Touch Cardio and Body Composition fitness tracker in September 2016, the Touch Cardio boasts a new sleek design at a more affordable price point.



Aesthetics aside, the watch monitors heart rate while tracking daily step counts, the number of calories burned, sleep and active time. Heart rate monitoring is particularly useful as it adds to a more accurate calculation of calorie burn, measures the true intensity of one's efforts and provides insight about one's fitness level.

"The TomTom Touch is the ideal entry-level fitness tracker for those looking to ramp up their fitness routine," says Chantal Grobler, country manager.

Wearers can download the TomTom Sports mobile app to automatically receive activity and performance data, such as steps, heart rate and calories burned, along with activity trends and comparisons, directly to their smartphones.



TomTom sparks a fitness revolution

Lauren Hartzenberg 24 Feb 2016

