



Published on *Poly Online Newsroom* (<https://newsroom.poly.com>) on 6/30/15

10 Best Weight Loss Accessories for 2015

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Published Date and Time:

6/16/15

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News Organization:

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Fitness Accessories

The biggest part of my weight loss journey is eating better, but working out is a key component that allows me to get through periods where weight loss slowed even with good eating habits and it helped build a better stress relief than eating bad food.

If you don't love working out or running, I've found that having the right gear to help get through a workout is essential to sticking with a plan. With a great armband and bluetooth headphones I am able to easily get ready, get out the door and get some exercise.

Great Bluetooth Headphones

If you want to get serious about running, working out and lifting weights you will soon tire of cords getting in your way. To get past this you should invest in a great pair of Bluetooth headphones for working out.

Two of the top options are the [JayBird BlueBuds X](#) [4] and the [Plantronics BackBeat FIT](#) [5]. Both of these offer a solid connection to your smart phone without wires, can handle sweat and are designed to be worn while you work out. Check out some of our other favorite Bluetooth headphones for working out in the slides below

Plantronics BackBeat Go 2

The Plantronics BackBeat Go 2 headphones connect wirelessly to up to eight devices so you can use them with all your gear. They include ear options to help keep the headphones in your ear while you are working out, an in line remote to control your iPhone or Android and 5 hour battery life. The headphones are sweat and water-resistant.

The case includes a built-in battery and charging cord so that you can recharge without taking them out of your bag to chance forgetting them at home. We enjoy the fit and the sound quality of the Plantronics BeatBeat Go 2 Bluetooth headphones. Check out our [review](#) [6] for more information.

\$80 at [Amazon](#) [7]



Language:

English

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[3] <http://www.gottabemobile.com/2015/06/23/best-weight-loss-accessories/3/>

[4] <http://www.amazon.com/JayBird-BlueBuds-Sport-Bluetooth-Headphones/dp/B00AIRUO18/?tag=notebookscom-20>

[5] <http://www.amazon.com/Plantronics-BackBeat-Fit-Bluetooth-Headphones/dp/B00KJLMBQQ/?tag=notebookscom-20>

[6] <http://www.gottabemobile.com/2015/06/23/best-weight-loss-accessories/2013/12/07/plantronics-backbeat-go-2-wireless-earbuds-review/>

[7] <http://www.amazon.com/gp/product/B00DIOAM4Y?tag=notebookscom-20>