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The New BodyBugg vs. The Old BodyBugg

- Posted by [Editor](#)
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Posted by [Sarah Caron](#) on [Fit Fare](#).

Big changes have come to the [BodyBugg](#), making it better than ever.

Longtime readers will remember that I tried out and reviewed a [BodyBugg](#) late last year and early this year. That model, which was grey and white and used a AAA battery, has been replaced with a new slim, light black model. [BodyBugg](#) was nice enough to send me the new version of the Bugg to give it a try and tell you all about it. I will be updating you on my progress and how the [BodyBugg](#) is working over the coming weeks.

First, a recap: I have lost about 10 lbs since New Years thanks to [BodyBugg](#). Although I had lost weight during my initial run, the holidays were a big challenge for me. However, when 2008 turned to 2009, I started the year with a new commitment to losing. Since then, I have stumbled a bit, particularly during illness and stress. But overall, my weight has been on a downward trend.



So, what's the difference between the [new BodyBugg](#) and the [old BodyBugg](#)?

- **Battery:** Instead of having to replace the AAA battery biweekly with the old BodyBugg, you charge the unit for about three hours via USB cable to your computer. The good thing is that you will spend less in the longrun not having to buy batteries. The bad thing is that if you go away, you will need a computer to charge the Bugg (the charge lasts anywhere from 5-7 days).
- **Size:** The old BodyBugg was about as long as the width of my hand and had some weight to it. However the new BodyBugg is only about two fingers square and can easily be mistaken for an iPod or pedometer. That is such a good thing. Since it's more discrete, I am happy to wear it even when people can see it (previously, I would remove it when wearing tanktops, I don't always do that with the new one).
- **Vibration:** The old BodyBugg would vibrate as part of its on/off indicator. The new one doesn't (this is part of the reason that the new one is so much smaller). Although it's an adjustment for me, that was really an unnecessary function of the old BodyBugg so losing that isn't a big deal.
- **Strap:** The old BodyBugg strap was grey and would fray at the ends after rubbing against clothes for a few months. The new one is black, sleek and is capped off at the end with a plastic piece that prevents fraying. Great improvement. And all in all, between the size, weight and new strap, the new BodyBugg is more comfortable.

Ultimately, both BodyBuggs track the same things: steps, calories burned and physical activity. Both work great, so no matter which one you have, it's a great tool to help you shed those errant pounds.

Just remember, the Bugg will only give you the information and knowledge to lose — you have to do the rest.



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