

# STEP BACK IN TIME

While computers have been used since the middle of the 20th century, PCs are a little younger, having only just recently ticked past their third decade of existence.



**1981**  
**FIRST PC**  
IBM 5150 PC, 12.7kg  
(with two diskette drives).



**1984**  
**FIRST APPLE MACINTOSH**  
8MHz processor, 7.5kg.



**1993**  
**MESSAGEPAD**  
Powered by Apple  
Newton system, 640g.



**2007**  
**ARRIVAL OF THE NETBOOK**  
Asus Eee PC, 920g.

**1982**  
**FIRST COMMERCIAL SUCCESSFUL PORTABLE**  
Compaq Portable PC with nine-inch monochrome monitor, 12.7kg.



**1989**  
**NOTEBOOK**  
Mac Portable 5120, 7.25kg; or NEC UltraLite, 2kg.



**1996**  
**HANDHELD DEVICE**  
Palm Pilot 1000, 160g.



**2010**  
**TABLETS**  
First generation iPad with processor 250 times more powerful than first IBM personal computer, 680g.

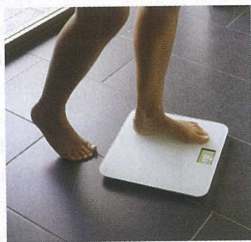


## TECH'S LOSS IS YOUR GAIN

While technology could cause us to become sedentary couch potatoes, these gadgets work to help us watch our waistlines as they get thinner themselves.



**Suunto Ambit**  
Suunto's Ambit comes with GPS and built-in navigation, a 3D compass in case you get lost, a heart-rate monitor and barometric altimeter. Plus, it's designed to monitor a variety of sports and activities, from running to skiing. \$550; [www.suunto.com](http://www.suunto.com).



**Withings Wi-Fi Body Scale**  
Losing weight begins with knowing how much you've got. This scale not only measures your weight and body fat, but also tracks it over time and stores it online so you can access it from your computer, iPad or smartphone. \$249; [www.withings.com](http://www.withings.com).



**Fitbit One Wireless Activity & Sleep Tracker**  
Fitbit has taken the concept of the pedometer and put it on steroids; this tracker not only measures your steps but also keeps score of calories burnt. It even works at night to keep track of how you sleep. \$119.95; [www.fitbit.com](http://www.fitbit.com).



**Scosche MyTrek Wireless Pulse Monitor**  
Scosche's pulse monitor looks like a watch without a face. It wirelessly sends your pulse rate data to your smartphone, at which point a dedicated app does all the data tracking for you. \$149.95; [www.scosche.com/mytrek](http://www.scosche.com/mytrek).



**Jabra Sport Bluetooth Stereo Headset**  
Endorsed by ironman Craig Alexander, these sweat-resistant, wind-shielded Bluetooth headphones are designed to stay in your ears whether you're jogging, cycling or doing anything else to build up a sweat. \$129; [www.dicksmith.com.au](http://www.dicksmith.com.au).

# COMPARATIVE ANALYSIS

*As gadgets have shrunk in size their capabilities have expanded — in some cases, quite remarkably.*



**SONY WALKMAN  
TPS-L2**

**VS**

**IPOD SHUFFLE  
(Fourth Generation)**



**LAUNCHED**  
1979/2010

**WEIGHT**  
300g/12.5g

**STORAGE**  
Audio tape/Flash memory

**STORAGE TIME**  
Up to 90 minutes per tape/  
About 25 hours (500 songs)

Sony's Walkman revolutionised personal music in a way that nothing had done before, starting with tape models and evolving up to the short-lived CD-playing Discman models. It took Apple's iPod line to make the next true generational change, with far more storage, durability and lower weight; about the only thing we've lost is the ability to change tapes one-handed. But, with the smallest iPod able to store 500 songs, that doesn't really seem relevant anymore.



**COMPAQ PORTABLE**

**VS**

**MICROSOFT SURFACE**



**LAUNCHED**  
1982/2012

**WEIGHT**  
12.5kg/676g

**PROCESSOR**  
Intel 8088 4.77MHz/NVIDIA Tegra 3

**STORAGE**  
2 x 5.25-inch floppy drives/32 or 64GB

**OPERATING SYSTEM**  
MS-DOS/Windows RT

Although it would make for a very good weights set these days, the very first commercially successful portable computer was breakthrough technology in its day. Today's sophisticated 10-inch tablets are obviously far superior in terms of technology that is both cutting-edge and, most importantly, portable.



**TELECOM MOBILE PHONE**

**VS**

**SAMSUNG GALAXY S III**



**LAUNCHED**  
1981/2012

**WEIGHT**  
14kg/133g

**STORAGE**  
16 phone numbers/  
16, 32 or 64GB plus microSD

**OPERATING SYSTEM**  
PAMTS Network/Android 4.0

Telstra's first publicly available mobile phone was a technological marvel in its day, even though the original mobile network only covered the Melbourne area and the phone alerted you to a call by flashing the car's headlights or honking the car horn. We've come a long way to today's super-slim smartphones — but they had to start somewhere. ▶