



Get Fit with Apple Watch: Using the Apple Watch for Health and Fitness

Allen Taylor

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Get Fit with Apple Watch: Using the Apple Watch for Health and Fitness Allen Taylor

Get Fit with Apple Watch is the concise introduction to the amazing new Apple Watch. It's the first book specifically focused on the Apple Watch's most important function: health and fitness.

This book is for you if you are interested in health and are willing to make small lifestyle adjustments in order to enhance health and well-being. This book is also for you if you are a dedicated health junkie who already exercises on a regular basis and follows a healthy diet. The Apple Watch includes fitness apps that you can access right on your wrist while you are exercising, for instant feedback on how you are doing.

You will learn how to use the Watch to avoid sitting for too long, to register a healthy amount of body movement every day, and how to get the most out of more strenuous exercise activities. All fitness and exercise-related built-in apps will be covered in detail, as well as leading third party health and fitness apps that have been specifically tailored to work with the Watch.

Part I plus two appendixes give readers just what they need to know to understand all functionality of the Apple Watch to set up their Apple Watch, and what third-party apps are available (at time of publication). It's a great mini-book that will be appeal to readers who don't feel the need to buy an entire standalone introduction to the Apple Watch.

Part II (the majority of the book) clearly explains the Apple Watch's fitness an

d health-tracking functions, but goes well beyond this by showing readers different ways to integrate these functions into their daily lives, regular workout routines, and with their iPhone and the leading third-party health and fitness apps. Plus, there's an entire chapter devoted to the Apple Watch Research Kit, explaining the benefits of the associated medical research apps and how users can participate in these world-changing programs, should

they choose to.

Veteran technology author Allen Taylor is also a participant in the Apple Watch Research Kit study in cardiovascular fitness conducted by Stanford University.

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Get Fit with Apple Watch: Using the Apple Watch for Health and Fitness can be one of your nice books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to set every word into enjoyment arrangement in writing Get Fit with Apple Watch: Using the Apple Watch for Health and Fitness yet doesn't forget the main level, giving the reader the hottest and based confirm resource info that maybe you can be one among it. This great information can drawn you into brand new stage of crucial imagining.

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