



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

*Allen G. Taylor*

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**Get Fit with Apple Watch: Using the Apple Watch for Health and Fitness** Allen G. 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 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 and 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.

## What you'll learn

- **How to get the most out of your Apple Watch**
- **How the Apple Watch subtly encourages healthy habits**
- **How the Apple Watch helps build cardiovascular fitness and endurance**
- **How to multiply the value of the Apple Watch by pairing it with your iPhone**
- **How third party fitness apps multiply the capabilities of the Apple Watch**

- **How to participate in the Apple Watch Research Kit program**
- **Brief explanations of the leading third-party app available for the Apple Watch (including more than just fitness and health apps)**
- **Perfect for the gadget-loving athlete and fitness fan**

### **Who this book is for**

The book has two distinct audiences. The first is the segment of the general public that is interested in health and is willing to make small lifestyle adjustments in order to enhance health and well-being. The second audience consists of dedicated health junkies who already exercise on a regular basis and follow a healthy diet. They are already using fitness apps on their phones. The Apple Watch gives them the usual data, plus more, such as heart rate, in an instantly readable form on their wrists, rather than being available only after they are finished with the exercise, on their phones.

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