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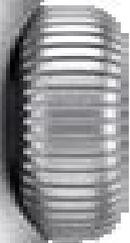
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114 

136 TOTAL
KCAL

10'02" AVERAGE
PACE

1.25 M



Apple Watch Walking Workout Deal

Thomas Berg



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Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program) Jason R. Rich, 2015-09-09 Book
Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit and stay fit You ll learn how to use Apple s new technologies to track your performance strengthen your motivation reduce your stress and improve your diet You ll learn how to use the Apple Watch and iPhone with everything from Bluetooth compatible workout equipment to third party exercise and nutrition apps Easy to understand and nontechnical this book is ideal for beginners as well as more experienced Apple Watch and iPhone users who are fitness health or nutrition minded and want to reduce their stress lose weight sleep better build muscle and live a healthier lifestyle In addition this book is part of Que s Content Update Program As Apple updates features of the Apple Watch and iPhone sections of this book will be updated or new sections will be added to match the updates to the software The updates will be delivered to you via a FREE Web Edition of this book which can be accessed with any Internet connection How to access the free Web Edition Follow the instructions within the book to learn how to register your book to get the FREE Web Edition Author Jason Rich is the best selling author of more than 55 books Rich will help you learn to Through in depth and exclusive interviews with world renowned health and fitness experts learn how to succeed in your fitness diet and health goals Define achievable goals and use your iPhone and Apple Watch to work toward them Use the built in Health app to collect view analyze store or share health and fitness data Customize your Apple Watch to display fitness information whenever you want it Wirelessly link a scale treadmill fitness tracker and medical devices to your iPhone Discover great tracking and performance tools for cyclists runners and walkers Track what you eat and become more mindful about nutrition Discover mind body tools for improving focus and reducing stress Monitor your sleep patterns sleep better and consistently wake up more rested Reinforce your motivation with apps accessories and music Set up Medical ID to provide life saving medical information in an emergency Make the most of Apple s Activity and Workout apps

Apple Watch For Dummies Marc Saltzman, 2015-07-20 Your all encompassing guide to the Apple Watch Are you an Apple Watch enthusiast and want to master all of its features to impress friends and intimidate enemies Or perhaps you re a less than tech savvy newcomer to the wearable craze and want to get the most out of it In Apple Watch For Dummies you ll discover how this incredible device does way more than simply tell time Through hands on easy to follow instruction you ll find out how to send and receive text messages and emails use Siri find movie times access your favorite apps and get directions Plus you ll get a handle on the all new hardware change the watch face to suit your mood and needs use the innovative interface including the exciting Digital Crown feature to zoom and scroll and move into fitness tracking with your Apple Watch and be amazed as it helps you set and maintain reachable fitness goals Apple Watch is a game changer Is it a communication device A timepiece An exercise companion and tracker Yes it s all that

and more Written by veteran tech guru Marc Saltzman this friendly guide helps you wrap your mind around Apple Watch even as it wraps around your wrist In no time you ll be using it to stay in touch with friends and family navigate your way around unfamiliar places stay fit and so much more Covers Apple Watch Apple Watch Sport and Apple Watch Edition Offers step by step details on using Apple Watch to send and receive texts and emails Walks you through using the Digital Crown feature along with touchscreen and voice commands Shows you how to use Apple Watch to track your fitness and even share your heartbeat with another Apple Watch user If you re a new to the Apple Watch or an old hand or wrist as it were looking to push it to its limits Apple Watch For Dummies helps you get the most out of this cool technology **Get in Shape**

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