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Apple Watch™ and iPhone® Fitness Tips and Tricks



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Jason R. Rich

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 Content Update Program

Apple Watch™ and iPhone® Fitness Tips and Tricks

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APPLE WATCH™ AND IPHONE® FITNESS TIPS AND TRICKS

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Jason R. Rich (www.jasonrich.com) is an accomplished author, journalist, and photographer, who writes extensively about the iPhone, iPad, and Apple Watch. Some of his recently published books for Que Publishing include: *iPad and iPhone Tips and Tricks (5th Edition)*, *My Digital Photography for Seniors*, *iPad and iPhone Digital Photography Tips and Tricks*, and *My GoPro Camera*.

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DEDICATION

This book is dedicated to my family and friends, including my niece, Natalie, and my Yorkshire Terrier, named Rusty, who is always by my side as I'm writing.

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Finally, congratulations to the Apple Watch development team and executives at Apple for creating yet another exciting product that is changing the way we interact with technology in our everyday lives.

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IN THIS CHAPTER

- Learn what the Apple Watch editions of the Activity and Workout apps can do
- Discover how to use the iPhone edition of the Activity app
- Find alternatives to the Activity and Workout apps

5

USE THE ACTIVITY, WORKOUT, AND OTHER FITNESS APPS

Activity and Workout are two apps that come preinstalled on the Apple Watch. The first is designed for anyone, whether you're fitness-minded or not, to help you adopt and maintain a slightly more active lifestyle by tracking your movements throughout the day, and showing you how much activity you've participated in on an hour-by-hour basis.

Many fitness experts believe that one of the easiest ways to begin pursuing a healthier lifestyle is simply to move—stand up and walk around (see Figure 5.1). The Activity app reminds you to do this, and helps you achieve basic activity goals for yourself on a daily basis.



**FIGURE 5.1**

Whether you enjoy walking, running, or engaging in other activities, simply moving around during your day will help you stay healthy.

**NOTE**

The Activity app does not come preinstalled on the iPhone, but as soon as you begin using it on your Apple Watch, the iPhone edition of the app automatically installs itself onto your smartphone. The Apple Watch and iPhone editions of the Activity app are similar and fully compatible.

The Apple Watch tracks your movement data, imports it into the Activity app on the Apple Watch, and then automatically transfers it to the iPhone edition. Although the Apple Watch edition of the app stores only the current day's data, the iPhone edition begins storing data the moment you put on the watch for the very first time, and then maintains a daily log of your movement on an ongoing basis.

The second app, Workout, is a more versatile app designed for people who are fitness minded, and who engage in specific types of fitness-oriented activities. This app uses the technologies built in to the Apple Watch to monitor movement, speed, heart rate, and other data, and tracks this information in real time during activities. The app then compiles this data, so you can view your accomplishments over time.

**TIP**

Workout is a comprehensive app with features for tracking a wide range of activities. However, if you're serious about one particular activity, such as running, cycling, using an elliptical machine (or other workout equipment), weight lifting, circuit training, rowing, or engaging in various other types of fitness classes, check out the wide range of specialized apps available from the App Store that you can use with any one of these fitness-oriented activities.

You will probably find that some of these more specialized apps are more powerful, accurate, and comprehensive because they relate to a particular fitness-oriented activity. For example, as its name implies, the popular Nike+ Running app is designed exclusively for running enthusiasts.

GET ACQUAINTED WITH THE ACTIVITY APP ON THE APPLE WATCH

The Activity app is designed for one thing: to make measuring your daily activity easy and automatic. Then at any time, with a quick glance at your Apple Watch's screen, you can gauge your activity level throughout the day via three colored activity rings (see Figure 5.2).

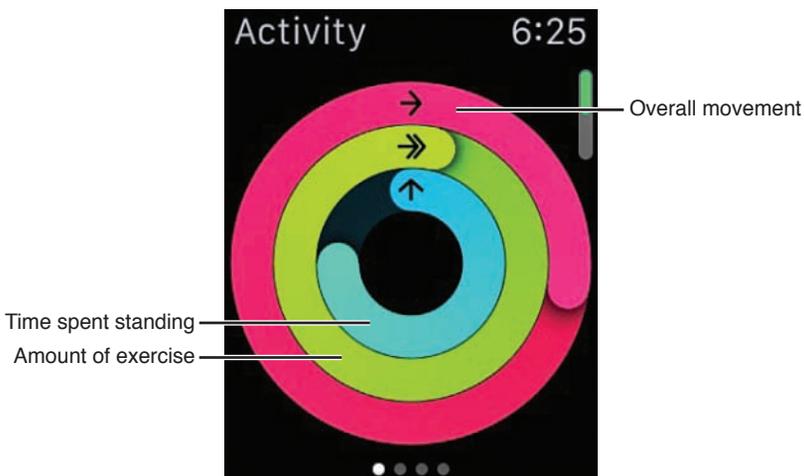


FIGURE 5.2

The Activity app displays three “activity rings” to help you quickly gauge your level of activity within the past 12 hours.

The red ring (Move) displays your overall movement and shows approximately how many *active calories* you've burned thus far during the day. The green ring

(Exercise) represents your exercise for the day (that is, any movement more rigorous than a regular walk). The blue ring (Stand) displays how often throughout a 12-hour period you stood up to move around for at least one minute per hour.

**NOTE**

An *active calorie* is one that gets burned as a result of your participating in any type of physical activity. This is different from calories your body burns by default, just by functioning when you're at rest or not actively moving.

The first time you launch the Activity app, it prompts you to establish daily goals for yourself. Based on these goals, the app determines how much activity you must do on a daily basis to achieve them. You can easily set up your watch to display reminders to be more active throughout your day.

In addition, using a message on the screen and the watch's haptic engine (which gives you a tap on the wrist), the app automatically reminds you every hour you are stationary to stand up and move around for at least one minute.

As you move and engage in activities throughout your day, each of the app's three activity rings expand and fill in accordingly. Your ultimate goal is to have all three activity rings complete their circles at least once during each 12-hour period that you're wearing the watch (see Figure 5.3). If you exceed a daily goal, the appropriate ring(s) begin to overlap (see Figure 5.4).

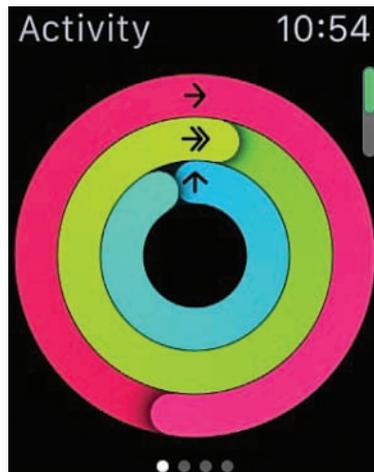
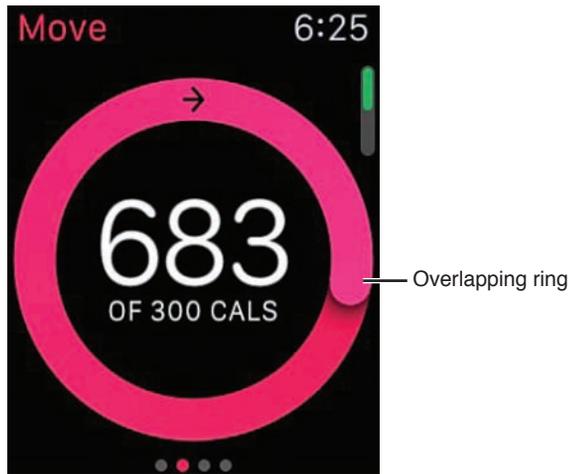


FIGURE 5.3

Each day, your goal when using the Activity app is to have all three colored activity rings form complete circles.

**FIGURE 5.4**

An activity ring overlaps on itself if you exceed your daily goal for what that ring is tracking.

**TIP**

If you find yourself continuously exceeding your daily activity goals, it's time to increase those goals. To update your daily Move goal, press and hold down your finger on your watch's activity rings screen for about two seconds. The message Change Move Goal appears over a silver disc. Tap on this icon, and then use the "+" or "-" icon below the Change Your Daily Goal heading to create a new goal for yourself for burning active calories. Tap on the Update button to save your changes.

As you make your way through each day, the Activity app displays the three activity rings via a glance screen, but also shows slightly more detailed progress reports each day or week (depending on how you have the app set up), so you can monitor your movement and activities in each 12-hour period directly from the watch. When you achieve a daily goal, the app displays a reward screen. If you exceed your goals, the app awards you with Achievements. An Achievement is a virtual trophy that's presented by the app and displayed on the screen. There are many different types of Achievements you can earn using the app.

SET UP THE ACTIVITY APP

The first time you launch the Activity app on your Apple Watch, the app asks you to enter your age and weight. With this information and the sensors and

technologies built into the watch, the app begins to measure your overall activity level and caloric burn automatically and continuously.

Beyond answering the initial questions the first time you launch the app on your Apple Watch, you can further customize your goals, as well as how and when you receive notifications and reminders from the app. You do this from the Apple Watch app on your iPhone.

When you open the app, tap on the My Watch icon. Next, tap on the Notifications option, and turn on the Notifications Indicator option (see Figure 5.5).

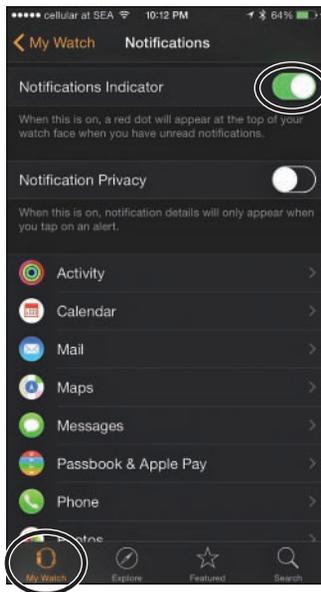


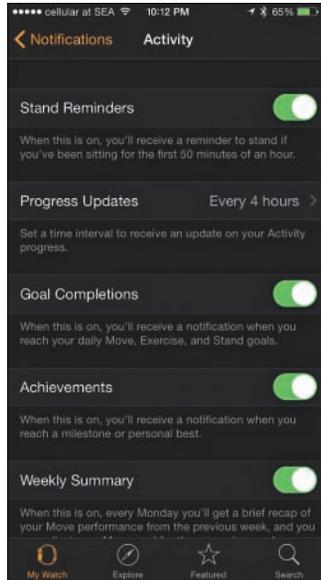
FIGURE 5.5

This is the Notifications menu screen found in the Apple Watch app.

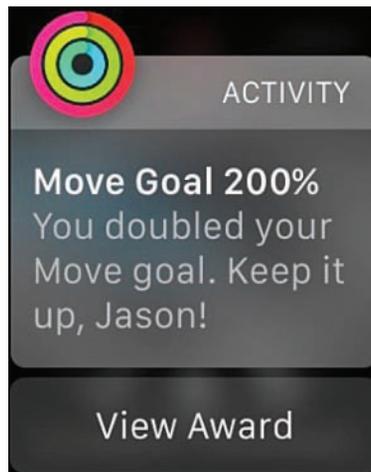
Tap on the Activity app listing on the Notifications screen. Turn on the four switches you see there (see Figure 5.6) as you deem appropriate to activate the following features:

- **Stand Reminders**—Be reminded to stand up and move for at least one minute every hour. A text message and a tap on the wrist alert you if you've been stationary for the first 50 minutes of an hour that you have been wearing the watch.
- **Goal Completions**—Turn on this option to receive a notification each day as soon as you meet or exceed your Move, Exercise, or Stand goals.

- **Achievements**—Each time you achieve a specific Move, Exercise, or Stand milestone or exceed your personal best, you receive an Achievement, which is a virtual award or medal of honor to commemorate your accomplishment (see Figure 5.7).

**FIGURE 5.6**

Customize the notifications you want to receive on your Apple Watch from the Activity app.

**FIGURE 5.7**

Reach your goals and earn Achievements when using the Activity app with the Apple Watch.

- **Weekly Summary**—Every Monday, the Activity app prepares a brief summary report outlining your previous week’s performance for your Move, Exercise, and Stand goals. To automatically display this report on your watch’s screen, be sure to turn on this feature. Otherwise, you can review your long-term performance history anytime via the iPhone edition of the Activity app.



TIP

You can use the Progress Updates option on the Activity screen to display periodic updates on the watch’s screen related to show your progress toward reaching your daily goals. From the Progress Updates menu, shown in Figure 5.8, you can opt to receive these reminders every four, six, or eight hours. To turn off this feature, select the None option. There is no virtual switch associated with it.

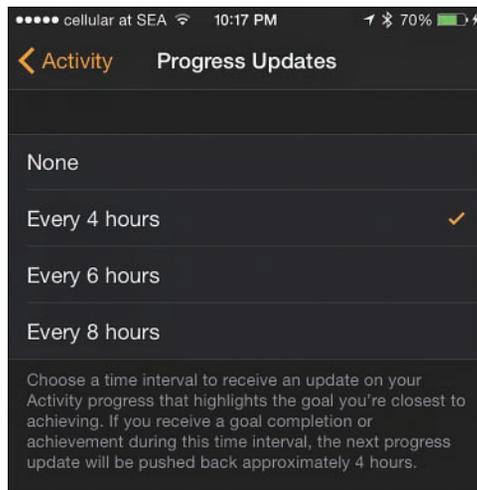
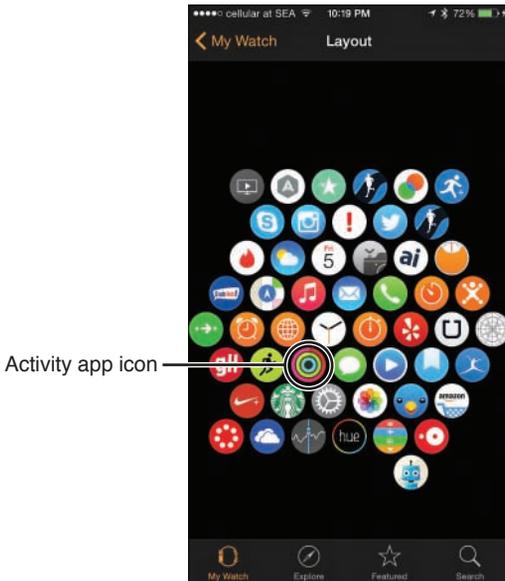


FIGURE 5.8

Choose how often you want to view a Progress Update for your activity when wearing the Apple Watch.

To adjust the placement of the Activity app’s icon on the watch’s Home screen, launch the Apple Watch app on your iPhone, tap on the My Watch icon, and then tap on the App Layout option. When viewing a mirror image of your Apple Watch’s Home screen on your iPhone (via the Layout screen), place your finger on the Activity app’s icon, and drag it to the desired location (see Figure 5.9).

Exit out of the Layout screen to save your changes. Within a few seconds, the changes you made to the Home screen’s layout on your iPhone appear on your Apple Watch’s Home screen automatically (see Figure 5.10).

**FIGURE 5.9**

The Apple Watch's Home screen is mirrored on the iPhone when you launch the Apple Watch app and choose the Layout option.

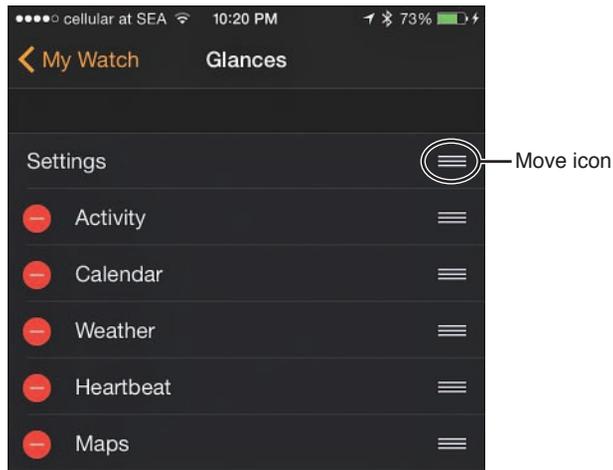
**FIGURE 5.10**

When you rearrange the app icons on your iPhone with the Apple Watch's Layout option, the changes go into effect on your watch almost immediately.

**TIP**

To set up and adjust the placement of the Activity app's glance screen on your watch, launch the Apple Watch app on your iPhone, tap on the My Watch icon, and then tap on the Glances option.

Next, under the Settings heading, make sure the Activity app is listed (shown in Figure 5.11). To change the order in which the Activity app's glance screen displays, place your finger on the app's Move icon and drag it up or down. Exit out of the Glances menu to save your changes. To do this, either tap on the <My Watch option in the top-left corner of the screen, or press the Home button on the iPhone.

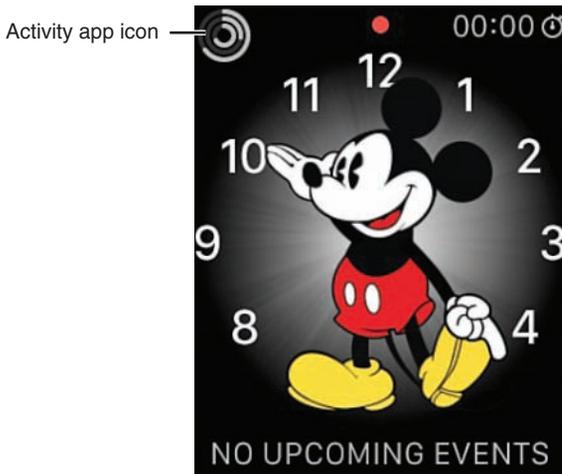
**FIGURE 5.11**

Change the order of the glance screens on your Apple Watch to access the Activity app's glance screen faster.

LAUNCH THE ACTIVITY APP

While wearing your Apple Watch, you can launch the Activity app in three easy ways, including:

- From the Home screen, which displays all the watch's installed apps, tap on the Activity app's icon (refer to Figure 5.10).
- On your selected watch face (which displays the time and potentially other information), swipe your finger up on the screen to display the glance screen, and then swipe sideways to reveal the Activity glance screen.
- You can customize some of the watch faces to display the Activity icon in addition to the time and other information you opt to display. This offers a miniature view of the Activity app's rings. However, you can launch the Activity app quickly by tapping on this tiny Activity icon (shown in Figure 5.12) that displays as part of a watch face.

**FIGURE 5.12**

Customize a watch face to display the Activity app icon.

**TIP**

To launch the iPhone edition of the Activity app, access your phone's Home screen and tap on the Activity app icon. If the app is already running in the background, as you're using your iPhone, quickly press the Home button on your phone twice to access multi-tasking mode, and then swipe sideways until the Activity app appears in the center. Relaunch the app by tapping on its icon or the Activity app thumbnail. As long as your iPhone and Apple Watch are paired and wirelessly connected, all of your real-time Activity app data automatically and wirelessly transfers from the Apple Watch and displays in the iPhone edition of the Activity app.

DISCOVER WHAT INFORMATION THE ACTIVITY APP GATHERS AND HOW TO VIEW IT

Each of the three colored activity rings has a corresponding information screen that you can access from the Apple Watch app. These screens offer more detailed information.

To access each of these screens, launch the Activity app on your Apple Watch so that the three activity rings appear. Tap once on this display screen. The first of three sub-screens appears. Swipe from right to left to see each activity ring's sub-screen and its additional information.

For example, on the first activity ring sub-screen, in addition to seeing the red (Move) ring, you also see a message that says, “## out of ### Cals.” This message tells you how many calories you’ve burned thus far, based on your daily goal (shown in Figure 5.13).

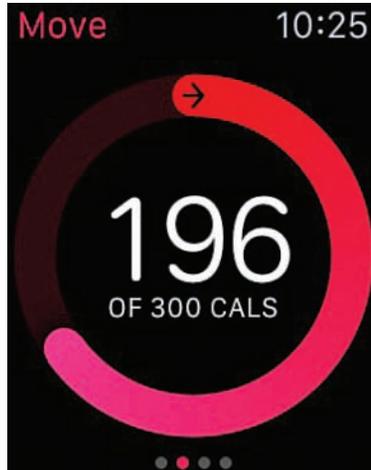


FIGURE 5.13

This screen shows your movement details during the current day.

The Exercise activity ring sub-screen includes the green ring and a message indicating how many minutes you’ve engaged in a more vigorous activity (compared to a normal walk) during the past 12 hours.

Swipe from right to left again to view the blue Stand activity ring sub-screen. This shows how many times within the past 12 hours you’ve stood up and moved around for one minute each hour (shown in Figure 5.14).

In addition to these three screens, a text-based summary screen and individual graph displays are available to present your daily activity information.

From the main Activity app three-ring display, swipe up to view the text-based summary screen (shown in Figure 5.15). This displays the total number of active calories you’ve burned, the total number of steps you’ve taken, and the total distance you’ve traveled within the past 12 hours.

**FIGURE 5.14**

Have you been sitting still for too many hours today? The blue Stand activity ring lets you know.

**FIGURE 5.15**

The Activity app offers this text-based summary screen, in addition to displaying the three color-coded activity rings.

From this screen, swipe from right to left to see each of the activity ring sub-screens. Then, from a sub-screen, swipe up to see the same information in a colorful graph format.

Figure 5.16 shows the graph screen for the red Move ring. Figure 5.17 shows the graph screen for the green Exercise ring, and Figure 5.18 shows the graph screen for the blue Stand ring.



FIGURE 5.16
The red Move ring graph.



FIGURE 5.17
The green Exercise ring graph.



FIGURE 5.18
The blue Stand ring graph.

GET ACQUAINTED WITH THE ACTIVITY APP ON THE IPHONE

The Apple Watch edition of the Activity app displays information about your movement and activity within a 12-hour period, but does not store information from past periods in the watch. To retrieve and review this information, you must use the iPhone edition of the app, which stores information as soon as you start wearing your Apple Watch, and then stores all information on a daily basis, so you can review it in one day, one week, or monthly increments.

The iPhone edition of the Activity app automatically installs onto your iPhone as soon as you begin using the Apple Watch edition. You don't need to manually install it from the App Store.



NOTE

Without an Apple Watch feeding data into the iPhone edition of the Activity app, this smartphone edition of the app serves little purpose on its own.

After the Activity app icon appears on your iPhone's Home screen, all you need to do is tap on that icon to launch the app. The current day's activity data, in the form of the three colored activity rings, appears (see Figure 5.19). Either tap on the History icon at the bottom of the screen, or tap on one of the smaller activity ring icons along the top of the screen, each of which corresponds to a day of the week, to view that day's data.

**FIGURE 5.19**

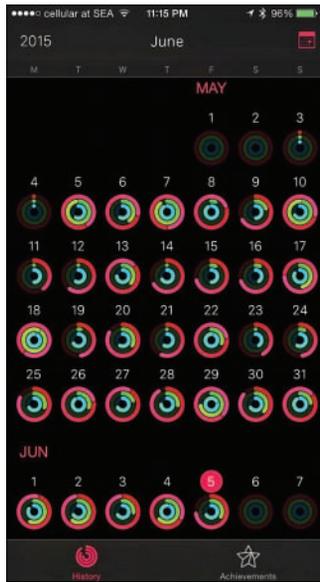
View the current day's activity data via the activity rings in the center of the screen. The current week's data appears one day at a time along the top of the screen.

To see a Month view, tap on the "<" icon in the top-left corner of the screen (see Figure 5.20). You can then scroll up or down to see past or upcoming months. An activity ring icon appears for each day of the month (that's already occurred). Tap on it to view that day's Activity app data in detail.

As you're viewing Activity data for a single day, the three colored activity rings display rather largely on the screen, along with the date. Scroll down on this screen to view individual activity ring data, and its corresponding graph for that day (see Figure 5.21).

From any of these graphics, swipe your finger from right to left across the chart to view the same information using text and numbers (see Figure 5.22). Swipe from left to right to return to the graphic view, or simply scroll up or down to view additional information collected for that day.

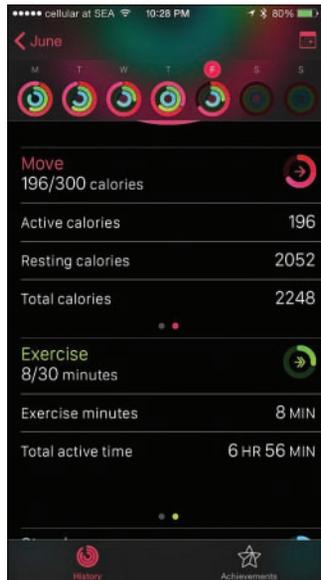
For example, if you look at the text data for the Move graph (and red activity ring), the number of active calories burned, along with your daily calorie burn goal, appears first, followed by the number of Active Calories burned again, the number of Resting Calories burned, and the Total Calories burned.

**FIGURE 5.20**

The Month at-a-glance view of the Activity app (iPhone edition).

**FIGURE 5.21**

View details about each activity ring for any given day from your iPhone.

**FIGURE 5.22**

View Activity app information as a chart, or using text and numbers.

Look at the bottom of each day's screen to see the total number of steps taken and the distance traveled (in text and number format, instead of graphics).

To view a separate graphics-based screen that shows the Achievements you've earned since day one of using the Activity app, tap on the Achievements icon at the bottom of the screen.

! CAUTION Although the Apple Watch's built-in sensors are designed for accuracy, the watch itself (and the technology in it) is classified as a consumer-oriented product, and not a medical device. Don't rely on the watch's built-in sensors to offer 100 percent accurate activity-related data collection.

In the early weeks after the Apple Watch's release, many fitness-savvy people who compared the results collected by the Apple Watch with data collected by other pieces of equipment did find discrepancies and inaccuracies, which Apple had begun to address through Apple Watch OS updates. At the time this book was being written, these issues had not been fully resolved.

Other optional devices, including fitness/activity trackers and heart rate monitors, are available from third parties, some of which are also classified as consumer-oriented products, whereas others are considered extremely accurate medical devices. If you require better data accuracy than what the Apple Watch can currently offer, consider using one of these other devices in addition to or instead of the Apple Watch.

GET STARTED USING THE WORKOUT APP ON THE APPLE WATCH

The Workout app is somewhat similar to the Activity app, but instead of being designed for use at all times while you're wearing the watch, this app allows you to collect and analyze data related to actual workouts.

To use this app, launch it from the Home screen of the Apple Watch (see Figure 5.23), and from the main menu, select the fitness-related activity you're about to participate in. Options include Outdoor Walk, Outdoor Run, Outdoor Cycle, Indoor Run, Indoor Walk, Indoor Cycle, Elliptical, Rower, Stair Stepper, or Other.

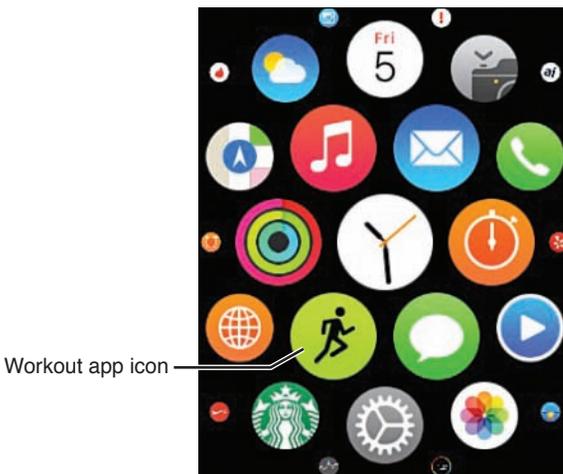


FIGURE 5.23

Launch the Workout app from the Apple Watch's Home screen.

Based on which option you select, for each workout, typically you can set a Caloric, Distance, or Time goal, and then have the watch display real-time data it collects as you pursue that goal during your workout.



NOTE

The Workout app automatically shares certain applicable data with the Activity and Health apps, so anything you do during a workout helps you reach your daily goals set in the Activity app.

When you're ready to begin a workout, follow these steps to activate the Workout app on your watch:

1. From any watch face you've selected to be displayed on the watch's screen, press the Digital Crown to access the watch's Home screen.
2. Tap on the Workout app icon to launch the Workout app.
3. When the main menu appears, tap on the type of workout you plan to engage in.
4. Depending on the activity you select, a submenu screen enables you to Set Calories, Set Time, or Set Miles, or select Open (if you have no goal in mind, but simply want to track your workout-related data). If you select the Set Time screen, a timer appears, showing 0:00, with a negative sign (–) icon on the left and a plus sign (+) icon on the right. Tap the + icon to set the desired duration for your workout. Press the Start button, shown in Figure 5.24, to begin your workout.

**NOTE**

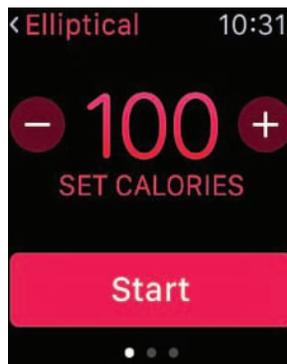
If you select Outdoor Walk, for example, the Set Calories, Set Time, Set Miles, and Open options are available. However, for other activities, like Elliptical, only the applicable Set Calories, Set Time, and Open options are available.

**TIP**

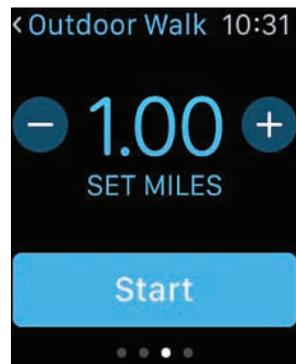
Instead of setting the default Set Calories screen (shown in Figure 5.25), swipe from right to left to scroll between Set Calories, Set Time, Set Miles (shown in Figure 5.26) or Open.

**FIGURE 5.24**

Adjust Set Time or Set Miles options by tapping on the + icon or – icon.

**FIGURE 5.25**

The Set Calories screen of the Workout app.

**FIGURE 5.26**

The Set Miles screen of the Workout app.

5. As soon as you press the Start button, begin your workout. Obviously, make sure you're wearing the Apple Watch comfortably on your wrist. You'll be given a three-second countdown before the app begins collecting real-time data.

**TIP**

If you're planning an extended workout, such as a several-hour walk or hike, consider putting your Apple Watch into Power Saving mode to conserve battery life.

To do this, access the watch's selected watch face, swipe up to access the glance screen, and then swipe sideways until the Battery Life glance screen appears (see Figure 5.27). Tap on the Power Reserve button to turn on this feature.

When you turn on Power Reserve mode, the Heart Rate monitor deactivates and does not collect heart rate data.

**FIGURE 5.27**

The Battery Life glance screen on the Apple Watch.

6. During your workout, you can adjust what information appears on the watch's screen (see Figure 5.28). By default, the Elapsed Time displays. Scroll sideways (right to left) to view real-time Pace, Distance, Calories, and Heart Rate data. The screen to the extreme left allows you to End or Pause/Resume your workout.

**FIGURE 5.28**

View real-time data being collected on your Apple Watch's screen during a workout.

**TIP**

If you want the Workout app on your Apple Watch to display color-coded activity rings that represent Distance, Calories, and Time, you must turn on this feature.

To do this, launch the Apple Watch app on your iPhone, tap on the My Watch icon, scroll down and select the Workout option, and then from the Workout menu screen (see Figure 5.29), turn on the Show Goal Metric option.

From this menu, you can also have Apple Watch enter into Power Saving Mode each time you launch the Workout app. To do this, turn on the Power Saving Mode option.

**FIGURE 5.29**

The Workout menu screen found in the Apple Watch app.

7. After you end your workout, all data transfers to the iPhone and gets stored in the Health app that comes preinstalled with iOS 8.3 or later. Certain other third-party apps can also import this information, provided you grant those apps permission to do this. A workout summary screen showcasing your accomplishments appears on the Apple Watch's screen at the conclusion of every workout (see Figure 5.30). Choose whether to delete or store that workout's data by scrolling down on this screen to view the applicable command buttons.



FIGURE 5.30

Scroll down the Workout Summary screen to view all collected data pertaining to that workout, and then choose whether to save it. If you save it, relevant data transfers to the Activity and Health apps.



NOTE

According to Apple, to improve the accuracy of the Workout app's data collection, wear the Apple Watch regularly, not just when you work out. Also, select the workout activity from the app's main menu that is closest to what you're actually doing.

To track GPS-related data during your outdoor workouts, you need to also carry your iPhone with you. However, you can keep it in a pocket, wear it in a case strapped to your arm or waist, or attach it to your bike, for example.

To obtain accurate heart rate data, the back of the watch must touch the skin on your wrist. You can't wear it over a long-sleeve shirt, for example. Also, the fit around your wrist should be snug.

HOW TO USE THE HEART RATE APP

As you know, the Apple Watch has a built-in heart rate monitor that tracks your heart rate and records this data on an ongoing basis while you wear the watch. This data automatically transmits to the Health app on your iPhone, where it is stored. Thus, if you want to refer to your changing heart rate over time, you can find this information in the Health app, or use a third-party app that imports the data (with your permission).

The easiest way to launch the Heart Rate feature on the Apple Watch (while you're wearing it) is to wake up the watch, display the selected watch face, and then swipe up on the screen to reveal the glance screen. Swipe horizontally until the Heart Rate screen appears (see Figure 5.31).

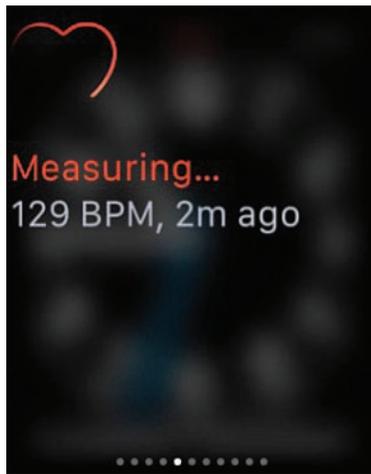
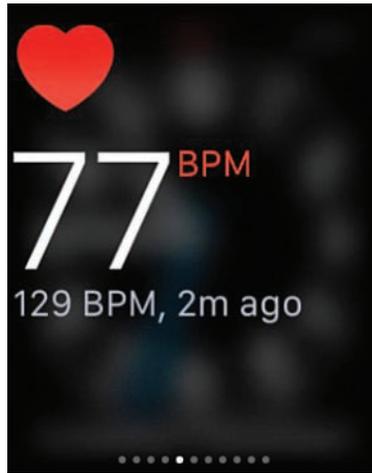


FIGURE 5.31

The initial Heart Rate screen on the Apple Watch.

When you activate the Heart Rate screen, the last recorded heart rate appears for a few seconds, until the watch can get and display a current heart rate, measured in beats per minute or BPM (see Figure 5.32). On the Apple Watch, this is the only information that appears for this feature.

**FIGURE 5.32**

It takes a few seconds for the Heart Rate monitor to display your current BPM rate.

**TIP**

To see additional heart rate–related data, launch the Health app on the iPhone, and view the Dashboard. Refer to Chapter 4, “Work with the iPhone’s Health App,” to customize the app’s Dashboard to display Heart Rate data.

APP OPTIONS FOR FITNESS-MINDED PEOPLE

Because the apps that come preinstalled on your Apple Watch work seamlessly with the Health app (or in the case of the Activity app, with the iPhone edition of the app as well), using either or both of these apps is convenient.

That said, if you want to participate in a specific fitness-oriented or workout activity, the Apple Watch and iPhone App Stores offer a vast and ever-growing selection of viable alternatives to using the Activity and/or Workout apps, and/or the watch’s Heart Rate monitor feature.

You’ll learn more about specialized apps for specific workout and fitness-related activities in future chapters, as well as from the expert interviews that are scattered throughout the book.

CHAT WITH AN EXPERT

LEARN ABOUT THE OPTIONAL FITNET APP FROM ITS CREATOR

Fitnet is a mobile fitness application for the iPhone (see Figure 5.33) and Apple Watch from Fitnet Corporation (www.fit.net) that delivers video-based exercise introduction and workout routines in five-minute increments. It also provides a variety of different intensities, based on the user's needs. The app's workouts combine yoga, strength, and cardio workouts that are tailored to the user's fitness level.

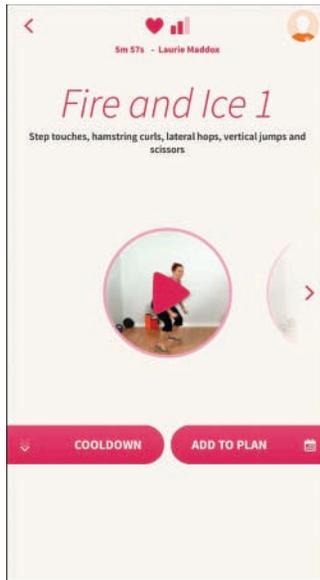


FIGURE 5.33

The Fitnet app, shown here on the iPhone, features video-based workouts for users to follow.

Bob Summers, the app's creator, is a fitness enthusiast, as well as an entrepreneur with a computer engineering degree from Virginia Tech and an MBA from MIT.

Summers said he designed Fitnet for himself, but made it so that it would appeal to any iPhone user who wants to move more and/or supplement an existing exercise plan.

"Thanks to the technologies being built into the latest iPhones and now the Apple Watch, including higher speed processors, easier to read displays, more sensors, and network connectivity, it is becoming easier to achieve accurate assessment delivery and monitoring, which are key elements in fitness tools," said Summers.

Although the Activity app monitors and reports a user's daily activity, the Fitnet app goes a step further. "For example, if you determine you want or need 30 more minutes of exercise, and want to know how to efficiently get it, that's where the Fitnet app comes in," added Summers. "Convenience is critical to someone keeping up with a fitness goal. Convenience reduces excuses. Apple Watch is a convenience tool that brings fitness applications that would otherwise be running on iPhones closer to the individual."

Of course, wearing an Apple Watch or installing Fitnet onto your iPhone won't cause you to achieve your fitness goals by themselves. "There is still hard work to do, which must become a personal and long-term commitment. My best advice is just to get started. Install the Fitnet app, for example, and exercise for just 10 minutes today. Then do it again tomorrow. Get yourself into a daily routine. Before you know it, a habit will be formed, and a fitness routine will be established."

The Fitnet app helps users focus on the current day's goals, and then looks ahead to the upcoming week. One of the features that sets Fitnet apart from other fitness apps is that in addition to including a virtual trainer, the app can also connect users to real-life human trainers, who will help keep the users on track and accountable (see Figure 5.34).



FIGURE 5.34

For a flat monthly fee, the Fitnet app allows you to communicate with a professional and accredited fitness trainer.

“It’s this accountability that helps people achieve success in achieving their fitness goals. We help users find the right fitness plan, and then offer hundreds of varied fitness routines in the app,” stated Summers.

Fitnet is a free download. It includes more than 200 five-minute video-based workouts for users to follow and participate in. Various menus, like the one shown in Figure 5.35, offer details about each workout offering. You can purchase additional weekly fitness challenges (via in-app purchases) for \$0.99, and users can subscribe to have access to their own personal trainer for \$19.00 per month.



FIGURE 5.35

Based on your fitness goals, choose which workouts you want to experience from a menu like this one.

Aside from the iPhone, no special equipment is needed to participate in the app’s workouts, although Summers does recommend having an Apple TV, so users can watch the iPhone app’s videos on a television instead of the iPhone’s screen via AirPlay. “The Fitnet app offers deep integration with the Health app, as well as Apple TV and the Apple Watch,” he added.

Although Summers initially created the Fitnet app for himself, one of the app’s first success stories came from a stay-at-home mother in Texas, who lost 12 pounds in eight weeks using the app. Since then, Summers stated he has heard hundreds of similar success stories.

He explained, “Whether someone uses Fitnet or not, when you adopt a new fitness routine, to help yourself get started and then stay motivated, I recommend working with a personal trainer, plus getting yourself a fitness buddy. In addition to a personal trainer subscription option, Fitnet offers a social interaction element, so you can have a virtual fitness buddy, as opposed to someone being right next to you during each workout.”

Fitnet is just one of many general fitness-related apps available for the iPhone and Apple Watch. You can find this popular app in the App Store.

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