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Roberta Stokes, Diane E. Trapp



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Fit with Apple Watch Allen Taylor, 2015-09-23 *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. **I-Bytes Healthcare Industry** ITShades.com, 2020-12-29 This document brings together a set of latest data points and publicly available information relevant for Healthcare Industry. We are very excited to share this content and believe that readers will benefit from this periodic publication immensely. **My Apple Watch (updated for Watch OS 2.0)** Craig James Johnston, 2015-10-15 Step-by-step instructions with callouts to Apple Watch screenshots that show you exactly what to do. Help when you run into problems or limitations. Tips and Notes to help you get the most from your Apple Watch. Full-color step-by-step tasks walk you through everything you want to do with your Apple Watch. Learn how to Reply to emails with your voice. Navigate using public transit walking or driving directions. Use your Watch as a nightstand clock. Create new watch faces and customize existing ones. Customize what apps appear in Glances, what notifications you receive and how your Apple Watch interacts with your iPhone. Set up and use Apple Pay. Use Siri to take actions on your behalf. Send Digital Touch sketches, taps or your own heartbeat. Install and manage Apple Watch apps. Connect your Apple Watch to a Bluetooth headset or speaker. Play music from your Apple Watch or just control the music on your iPhone. Control your iPhone's camera from your Apple Watch. Keep track of your workouts, exercise and calorie usage. Register Your Book at quepublishing.com register and save 35% off your next purchase. *Handbook of Sport Neuroscience and Psychophysiology* Roland

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