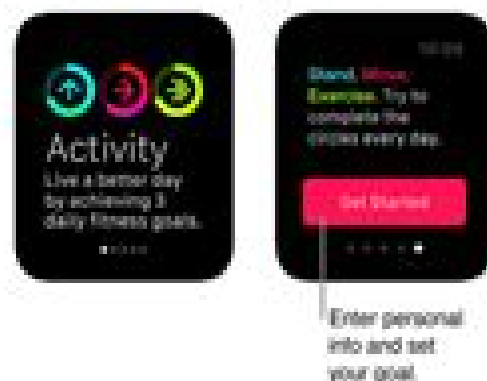


Get started. The first time you open Activity  on Apple Watch, swipe left to read the Move, Exercise, and Stand descriptions, then tap Get Started. Enter the required information by tapping Sex, Age, Weight, and Height, then turn the Digital Crown to set and tap Continue. Finally, tap Start Moving.

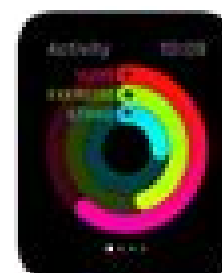


Note: You can also enter your birthdate, sex, height, and weight in the Apple Watch app on iPhone. In the Apple Watch app, tap My Watch, then tap Health.

Check your progress. Swipe up on the watch face, then swipe to the Activity glance at any time to see how you're doing. Tap the glance to open the Activity app  and swipe to see the individual activities. The Move ring shows how many active calories you've burned. The Exercise ring shows how many minutes of brisk activity you've done. The Stand ring shows how many times in the day you've stood for at least one minute per hour. Swipe up on an activity or turn the Digital Crown to see your progress as a graph.



An overlapping ring means you've exceeded your goal. Watch for achievement awards, if you have that feature turned on.



A partial ring shows progress toward your goal. Completed rings mean you've reached your goal.

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 - The Rise of Digital Reading Apple Watch Guide Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Apple Watch Guide Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Apple Watch Guide Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Apple Watch Guide Download
 - Personalized Recommendations
 - Apple Watch Guide Download User Reviews and Ratings
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- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Apple Watch Guide Download
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 - Participating in Virtual Book Clubs
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 - Creating a Diverse Reading Collection Apple Watch Guide Download
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 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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