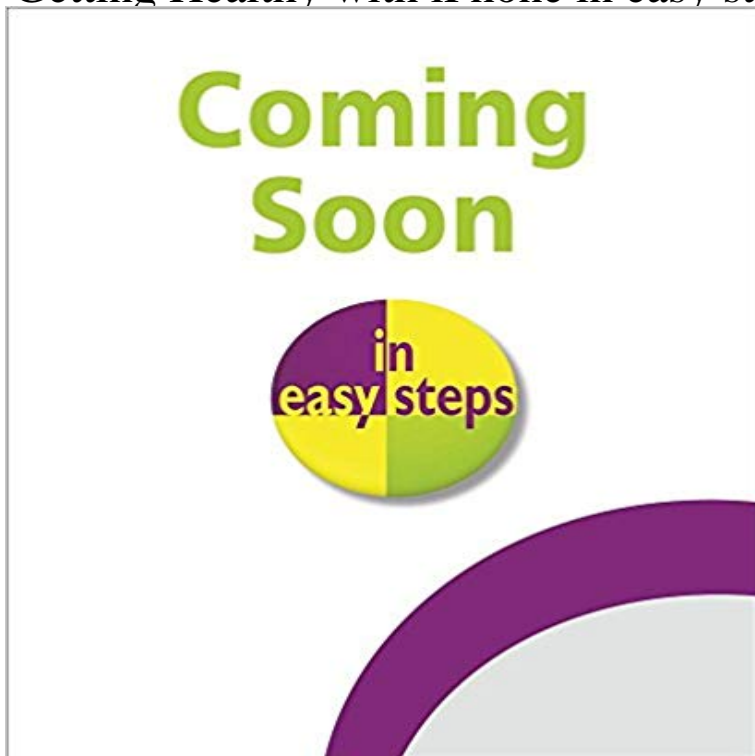


Getting Healthy with iPhone in easy steps: Also covers Apple Watch



Getting Healthy with iPhone in easy steps is the essential, full-color, guide to helping people achieve realistic and long-term health and fitness goals, using the iPhone and Apple Watch, and ensuring that it is fun and gratifying at the same time. It explains the built-in Health App on the iPhone, including the categories for which health data can be recorded, including fitness, nutrition, sleep analysis and health monitoring such as blood pressure and heart rate. Recording and entering data is covered for each category, showing how you can build up an overall map of health and fitness, which can then be viewed on the apps Dashboard. The book details the areas in which the iPhone and Apple Watch can be used for health and fitness and also shows how they interact with each other to share and display health and fitness information that you have recorded. There is also a comprehensive chapter on the Apple Watch so that you can use all of its features to their maximum potential. The Apple Watch also comes with two built-in apps: the Activity app and the Workout app. Both are covered in depth, and both of these apps can be used to monitor activity and exercise, set targets and view daily activity and workout information on an iPhone. In addition to the built-in apps, the App Store also has a Health and Fitness category that can be used to find apps for both the iPhone and Apple Watch. These include apps for running, fitness classes, workouts, nutrition and healthy habits. These apps are tailored specifically for the iPhone or the Apple Watch and some of them can be downloaded in bundled collections. In general, they help to take health and fitness activities to a new level, in addition to the built-in ones.

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Getting Healthy with iPhone in easy steps: Also covers Apple Watch

Apple Watch work best at 32 to 95 F (0 to 35 C) For Apple Watch Edition models, make sure the cover of the magnetic charging case is an easy way to extend the battery life of your iPhone when it starts to get low. . The Energy Saver preference pane includes several settings that determine **Getting Healthy with iPhone in easy steps: Also covers Apple Watch** Getting Healthy with iPhone in Easy Steps is the essential, full-color, guide to helping people achieve realistic and long-term health and fitness goals, using the **Getting Healthy with iPhone in easy steps: Also covers Apple Watch** also covers Apple Watch Getting Healthy with iPhone in easy steps is the essential, full-colour, guide to helping people achieve in which the iPhone and Apple Watch can be used for health and fitness and also shows how they interact **Getting Healthy with iPhone in easy steps: Also covers Apple Watch** Jan 5, 2017 The Apple Watch also comes with two built-in apps: the Activity app and Getting Healthy with iPhone in Easy Steps: Also Covers Apple Watch. **Getting Healthy With Iphone In Easy Steps: Also Covers Apple** Booktopia has Getting Healthy with iPhone in easy steps, also covers Apple Watch by Nick Vandome. Buy a discounted Paperback of Getting Healthy with