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Preface

It is easy to get overwhelmed at the thought of improving health and fitness, but with the development of health and fitness devices and apps to support your endeavors, there has never been a better time to start a new regime that can help transform your life.

My own personal view of improving health and fitness is that it should be looked at as a long-term lifestyle goal, rather than a quick-fix for short-term gains (which may disappear as quickly as they are achieved). For instance, aiming to do 10% more exercise over the course of a year is an attainable goal without seeming too daunting or time-consuming. Once this has been done, incremental increases can be made so that, ideally, health and fitness becomes an embedded part of your life and not something that is seen as a chore or an obstacle.

Leading the sedentary life of a writer, I am conscious of the need to build health and fitness into my daily routine, whether this is going for a walk at lunchtime, or playing tennis and squash at every opportunity (team or club sports also have the added benefit of providing an active social circle). Using the devices and apps in this book has provided a genuine and significant help in recording health and fitness activities and also, by using them on a daily basis, has helped to keep me motivated to meet the goals that are set on the apps. Having said that, there are no devices or apps that can make you lace up your running shoes or put on your gym gear: ultimately, motivation and willpower for improving health and fitness has to come from your own determination and desire. Hopefully, **iPhone & Apple Watch for Health & Fitness in easy steps** will provide help, support and encouragement in creating, measuring and achieving your health and fitness goals.

Nick Vandome

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Getting Healthy with Apple

Health and fitness is an area that fits perfectly with the iPhone and the Apple Watch. This chapter shows how they can be used for this, and some of the health apps to use.

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The Health Revolution

It is hard to pinpoint when the idea of health and fitness became an industry rather than people's individual hobbies, but one legitimate claimant could be 1977 when the book *The Complete Book of Running* by Jim Fixx was published. This kickstarted the jogging craze in America, which not only promoted jogging and running as a form of exercise, but also extolled the health benefits that could be gained from it.

In the decades that followed the publication of *The Complete Book of Running*, health and fitness has become entrenched in the daily lives of millions of people: from enthusiasts undertaking events such as fun runs to full marathons, to cyclists joining their local clubs, and the thousands of health clubs and gyms that have opened to cater for this expanding industry. In addition, there has also been a raised general awareness of health and fitness issues, whether it is trying to walk a certain number of steps a day, or eating more fruit and vegetables.

Technology, Apple and health

Whenever there is a new and expanding industry, technology is never far away, providing gadgets and services to help motivate people and maintain their goals and targets. For health and fitness, this is done through a range of items, such as wearable devices for monitoring and recording activities, and an expanding number of apps covering topics from walking to yoga.

Apple is at the forefront of the partnership between technology and health; it has a number of options in this field and they are starting to be linked together so that information from one area can be shared with others. These include:

- **iPhone.** The iPhone has evolved into a device that can be used to record and monitor health and fitness data. It contains several motion and fitness sensors that can record body motion, steps walked and flights of steps climbed. It also has the Health app for recording a range of health data.
- **Health apps.** The App Store has a category for Health & Fitness apps that can be downloaded onto the iPhone.
- **Apple Watch.** First released in 2015, the Apple Watch is a wearable device that can be used to record workouts and activity through its apps and range of body sensors.



Health apps can also be downloaded onto the Apple Watch (via the iPhone) from the Apple App Store.



Apple Watch Series 2 was released in September 2016. In most respects it is similar to Series 1, except that it has GPS, is waterproof and has a higher specification processor and a brighter screen.

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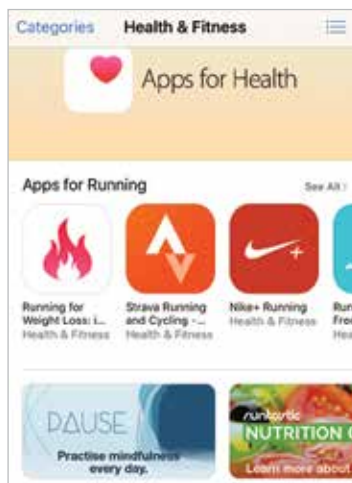
iPhone

The iPhone has a built-in Health app that can be used to record information about a range of items, from Fitness to Nutrition. Some of these are recorded automatically by the motion and fitness sensors, and some have to be entered manually. The motion and fitness sensors can also be used with third-party apps that have been downloaded from the App Store.



Health apps

The App Store has an expanding range of health and fitness apps, as the hardware that they use is able to track a wider range of functions. Apps cover general fitness activities such as running and cycling, workouts, and health and wellbeing activities such as yoga, Pilates and meditation.



For a detailed look at using health and fitness apps from the App Store, see Chapter Three.

Apple Watch

The Apple Watch works in conjunction with the iPhone. On the back of the Apple Watch are sensors that can record readings such as body movement and heart rate. It has two main apps for recording health and fitness: the Activity app and the Workout app. Once information has been recorded, it can be sent to the iPhone for viewing and analysis.



For a detailed look at using the Apple Watch, see Chapters Five-Six.

iPhone for Health

In addition to the Health app, the iPhone also has sensors that can monitor your movement. This can then be translated into information for the Health app, such as number of steps walked, or the number of flights of stairs climbed. The motion sensors can also be used with appropriate third-party apps. To do this:



In the Settings app, buttons that are **On** are colored green.



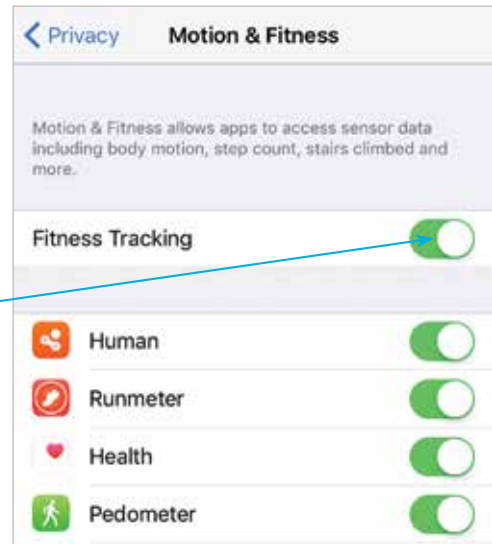
A lot of third party apps that use the Motion & Fitness sensors are step-counters (pedometers).

1 Access **Settings** > **Privacy** on your iPhone

2 Tap on the **Motion & Fitness** button

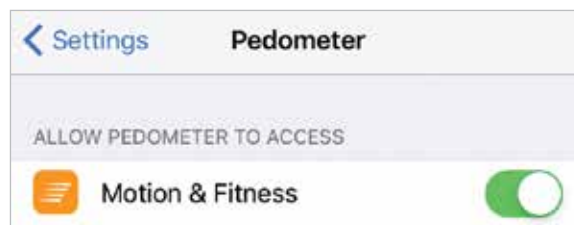


3 Drag the **Fitness Tracking** button to **On** to enable apps to use the Motion & Fitness sensors on the iPhone



4 For third-party apps that can use the sensors, drag their button to **On**

5 Within the **Settings** app, third party apps can also be given access to the Motion & Fitness sensors. Access the app in the **Settings** app and drag the **Motion & Fitness** button to **On**



Apple Watch for Health

The latest version of the Apple Watch (at the time of printing) is the Apple Watch Series 2. This is the same in most regards as the Apple Watch Series 1, except that it is more waterproof, has an improved sensor and screen and has its own built-in GPS for tracking walking, running or cycling routes. The main health and fitness elements of the Apple Watch are:

Activity app

This can be used to measure your daily activity. It includes the amount of movement you do, the amount of exercise, and also the frequency which you stand during the day. It consists of three rings, which show your progress during the day towards your daily targets.



Workout app

This can be used to track your workout activities. Different workout options can be selected, e.g. walk, run, cycle, rowing machine or stair stepper, and criteria can then be set for each item. This can include setting the number of active calories you want to burn, distance or duration.



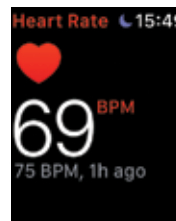
Breathe app

This is an app for relaxation and can be used to spend as little as a minute (or longer, as required) concentrating on inhaling and exhaling to provide a peaceful break to the stresses and strains of the day. It records each session so you can see how many times you have done this in a day, along with your heart rate while doing it.



Heart Rate app

This can be used to display your current heart rate. This is done via the sensors on the bottom of the Apple Watch. The watch has to be connected to your wrist in order for a correct heart rate reading to be made.



Integration with the Health app

The Apple Watch also works well with the Health app on the iPhone, and the two devices can share information via this app.



The functionality of the Apple Watch Series 1 and Series 2 is the same, and they both use the same operating system: WatchOS 3.



The Activity, Workout, Breathe and Heart Rate apps can work independently on the Apple Watch, but in order to share data from these apps, the iPhone and the Apple Watch have to be 'paired'. See page 88 for details about pairing the Apple Watch and iPhone.



For a more detailed look at the Health app, see Chapter Two.

Monitoring Activity

Health and fitness apps on the iPhone monitor and display information in different ways, but there is a general consistency in the type of details displayed:

- 1 The **Health** app has sections for each topic, and the information is displayed on a colored graph
- 2 Topics can also be selected to appear on the Health app's **Today** page so that you can view a range of items on one screen



For a more detailed look at apps for walking and running (and cycling), see Chapter Four.

- 3 GPS apps track your route for activities such as walking, running or cycling, and show it on a map



- 4 Step-counter and pedometer apps display information including numbers of steps taken, distance traveled and calories burned



Health Apps

Most forms of healthy living and exercise are catered for with apps in the App Store, which can be downloaded to an iPhone and, in some cases, an Apple Watch. These can be found in the dedicated Health & Fitness category in the App Store. Some of the types of apps include:

Running and walking

These apps can be used to track the number of steps that you take when exercising, and also map your routes using GPS technology.

Fitness classes

These apps can be used to find fitness classes in your local area. Location Services has to be turned **On** in order for these to work properly.

Timers

These apps can be used to time parts, or the whole, of workout routines. Different items can be timed and then compared when you do the same thing again.

Workout routines

These apps contain quick workout routines that have animated images, and videos that can be followed.

Healthy habits

These apps cover a range of healthy lifestyle areas, such as healthy eating, stopping smoking, calorie counters and combating stress and anxiety.

Meditation & mindfulness

These apps cover relaxation techniques such as yoga, Pilates, meditation, breathing exercises and calming sounds to aid sleep.



Running and walking apps using GPS can also be used for cycling.



Location Services can be found on the iPhone at **Settings > Privacy > Location Services** and drag **Location Services** to **On**.

Creating Healthy Routines

While technology and apps can help to motivate people with health and fitness, and store and analyze data, there is no substitute for personal motivation and willpower. Improving health and fitness should be viewed as a long-term change of lifestyle, rather than something for short-term gain that is going to be stopped once a certain target is achieved. As well as using the iPhone, Apple Watch and health apps, there are some areas that could be considered for a healthier and fitter lifestyle:



See Chapter 10 for more information about maintaining a healthy lifestyle.

- **Create realistic goals.** One of the greatest ways to become demotivated when undertaking a new health and fitness regime is to fail to achieve any goals that you have set yourself. Therefore, it is important to set realistic goals that you think you can achieve, or surpass, so that you keep motivated. If you achieve your goals, consolidate this and then set new, equally realistic ones.
- **Do not expect an overnight transformation.** As well as being realistic, it is important not to expect too much in a short period of time: in fact, in some ways it is better not to put a timeframe on it at all. No-one will become an international athlete overnight, and the aim should be to change your lifestyle first and then benefits will accrue from this naturally.
- **Embed health and fitness in your daily routine.** Instead of making health and fitness feel like a chore that has to be fitted into the day, make it part of your daily routine. For instance, schedule a walk at lunchtime twice a week, and put this in your calendar so that there is a tangible reminder.
- **Keep a health and fitness notebook.** If you write down your health and fitness activities, this provides tangible evidence of what you have done. This can be used to motivate yourself by looking back at what you have already achieved, and also be used as a guide to build on and improve this.
- **Connect with like-minded people.** One of the best ways to keep motivated and enthused about health and fitness is to join with other people doing the same. This could mean joining a local club, or linking with other people doing the same things via social media such as Facebook and Twitter. This way, you can also provide encouragement for each other, which is one of the best ways to stay motivated.



Keep a digital notebook of your activities on a note-taking app on the iPhone, such as the built-in Notes app.

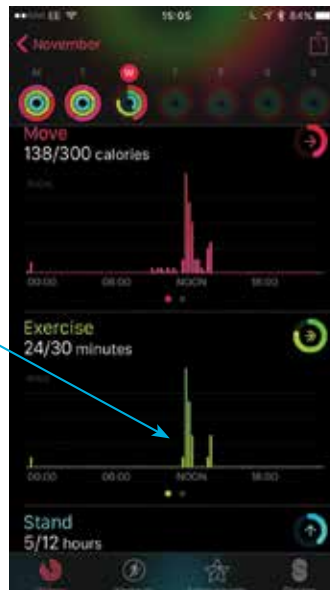
Collating Health Data

When performing health and fitness activities, it is useful to be able to view data from these activities so that you can compare your progress with earlier periods. The data could be written down by hand, or added to a spreadsheet, but this can be laborious and liable to mistakes or missed entries. A more effective option is to use an app that can automatically record and display fitness information. The Apple Watch and iPhone offer one such app; the Activity app. The Apple Watch version can record the data, and display daily totals, while the iPhone version stores an archive of all of your activity and also displays a more in-depth record:

- 1 The **Activity** app on the Apple Watch displays the progress towards meeting three daily goals, in ring format and with specific details



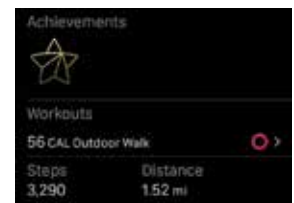
- 2 The **Activity** app on the iPhone displays the same information (within the **History** section) but with more detailed graphs, and calendar options at the top of the window for viewing activity data from other dates. Swipe to the left on a panel to view textual details of the data



The three goals for the Activity app are: **Move** (which measures active calories, which are calories burned over your normal resting level); **Exercise** (which measures any activity over the level of a brisk walk); and **Stand** (which measures the number of hours during which you stand and move around for at least one minute).



The History section also displays any awards that you have received for that day's activity, number of steps walked and distance covered. Swipe down the window to view these details.



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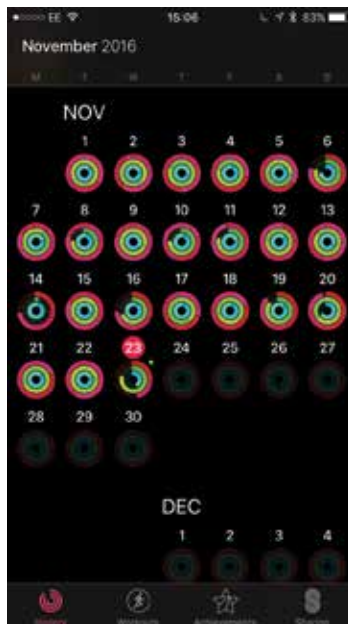
- 3 The **Activity** app also displays details from the Workout app, so all of your health and fitness activities can be viewed from the same app. Tap on a workout to view its details



- 4 Tap on the month at the top of the screen in Step 2 to access the Activity app calendar. Tap on a date to view the relevant activity data



The thumbnails on the calendar in Step 4 display how much of the activities were completed for any given day.



- 5 Data from the Activity app is also displayed in a panel in the Health app on the iPhone

