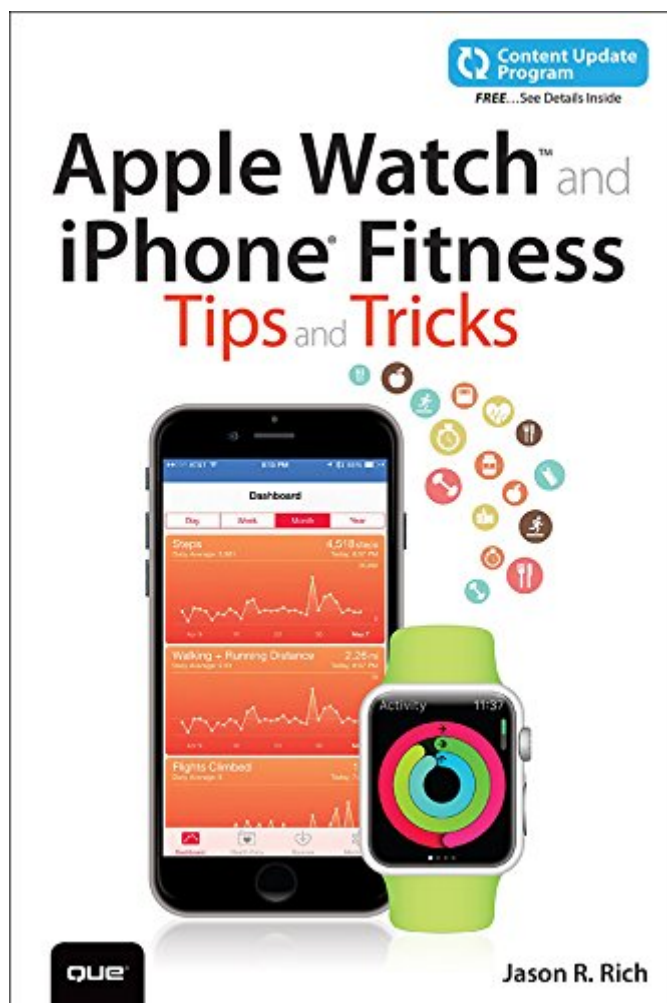


The book was found

Apple Watch And iPhone Fitness Tips And Tricks (includes Content Update Program)



Synopsis

Book + Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit, and stay fit. Youâ™ll learn how to use Appleâ™s new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. Youâ™ll learn how to use the Apple Watch and iPhone with everything from Bluetooth-compatible workout equipment to third-party exercise and nutrition apps. Easy to understand and nontechnical, this book is ideal for beginners, as well as more experienced Apple Watch and iPhone users who are fitness-, health-, or nutrition-minded and want to reduce their stress, lose weight, sleep better, build muscle, and live a healthier lifestyle. In addition, this book is part of Queâ™s Content Update Program. As Apple updates features of the Apple Watch and iPhone, sections of this book will be updated or new sections will be added to match the updates to the software. The updates will be delivered to you via a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to:

- Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals
- Define achievable goals, and use your iPhone and Apple Watch to work toward them
- Use the built-in Health app to collect, view, analyze, store, or share health and fitness data
- Customize your Apple Watch to display fitness information whenever you want it
- Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone
- Discover great tracking and performance tools for cyclists, runners, and walkers
- Track what you eat, and become more mindful about nutrition
- Discover mind/body tools for improving focus and reducing stress
- Monitor your sleep patterns, sleep better, and consistently wake up more rested
- Reinforce your motivation with apps, accessories, and music
- Set up Medical ID to provide life-saving medical information in an emergency
- Make the most of Appleâ™s Activity and Workout apps

Book Information

File Size: 29083 KB

Print Length: 368 pages

Simultaneous Device Usage: Up to 5 simultaneous devices, per publisher limits

Publisher: Que Publishing; 1 edition (September 9, 2015)

Publication Date: September 9, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B015CW83EK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #730,167 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #219

in Books > Computers & Technology > Mobile Phones, Tablets & E-Readers > iPhone #219

in Books > Computers & Technology > Digital Audio, Video & Photography > Digital Audio

Production #769 in Books > Computers & Technology > Mobile Phones, Tablets & E-Readers >

Handheld & Mobile Devices

Customer Reviews

Arrived in perfect condition

[Download to continue reading...](#)

Apple Watch: The Ultimate Apple Watch User Guide - Discover How To Use Apple Watch Apps, Easy User Manual, With Secret Tips And Tricks! (Iphone, Apps, ios) Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program) iPhone 6: Apple iPhone 6 User Guide - Learn How To Use iPhone 6, iPhone 6s & iPhone 6s Plus, With Advanced Tips! (Apple, IOS, Yosemite) iPhone 6: The Complete iPhone 6 Beginners Guide - Learn How To Use Your iPhone 6, Detailed User Manual, Plus New iPhone 6 & iPhone 6s Hidden Features, Tips And Tricks! (Apple, IOS, Yosemite) iPhone 6: Apple iPhone 6 Beginners Guide - Learn How To Use And Get The Most Out Of Your iPhone 6 & iPhone 6S (Apple, IOS, iPhone 6/6s/6 Plus) iPhone 7: The Ultimate Apple iPhone 7 User Manual - Discover Amazing Hacks To Master Your iPhone 7 Now! (iPhone 7 Phone Case, iPhone 7 User Guide, iPhone 7 Manual) iPhone 6: The Ultimate User Guide With Exclusive Tips And Tricks To Master iPhone 6 And iPhone 6 Plus (Iphone 6, IOS 9, Apple) iPhone 7: For Beginners - Learn How To Use Iphone 7 Plus Advanced Tips And Tricks (iPhone 7 Phone Case, iPhone 7 User Guide, iPhone 7 Manual) A Beginner's Guide to iPhone 6 and iPhone 6 Plus: (Or iPhone 4s, iPhone 5, iPhone 5c, iPhone 5s with iOS 8) iPhone 6: The Comprehensive User Guide To Master Iphone 6, 6 S And 6 S Plus! Includes Advanced Tips and Tricks! (Iphone 6, IOS 9, Apple)

iPhone 6: Practical User Guide To Master Iphone 6, 6 S And 6 S Plus! Includes Little-Known Tips and Tricks (Iphone 6, IOS 9, Apple) Apple Watch: Apple Watch User Guide, Secrets & Tips (Apple Manual Book) Apple Watch: Apple Watch 101 Guide (watches, apps, ios, iphone, technology) Iphone 6 S and 6 S Plus: Practical User Guide with Exclusive Tips and Tricks to Master Iphone 6 S (Iphone 6, IOS 9, Apple) iPhone SE: The Ultimate User Guide With Exclusive Tips And Tricks To Master Your iPhone SE (Apple, IOS, iPhone SE) iPhone Portable Genius: Covers iOS 8 on iPhone 6, iPhone 6 Plus, iPhone 5s, and iPhone 5c Windows 10 Tips and Tricks (includes Content Update Program) OS X Support Essentials 10.11 - Apple Pro Training Series (includes Content Update Program): Supporting and Troubleshooting OS X El Capitan The iPhone Book: Covers iPhone 5, iPhone 4S, and iPhone 4 (6th Edition) The Art of Watch Repair - Including Descriptions of the Watch Movement, Parts of the Watch, and Common Stoppages of Wrist Watches

[Dmca](#)