



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

By Jason R. Rich

Pearson Education (US), United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. 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. You ll learn how to use Apple s new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. You 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 Que 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...



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