

Google Fit

Coaching you to a healthier and more active life

With Google Fit you use your phone as the fitness device no other device needed.

Records your Movement (Steps) and Heart Points (more strenuous movement)

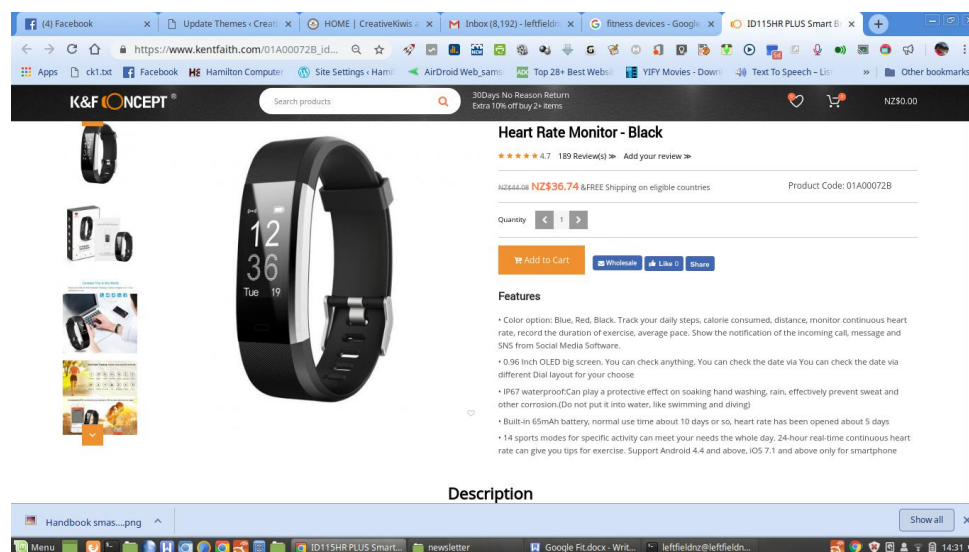
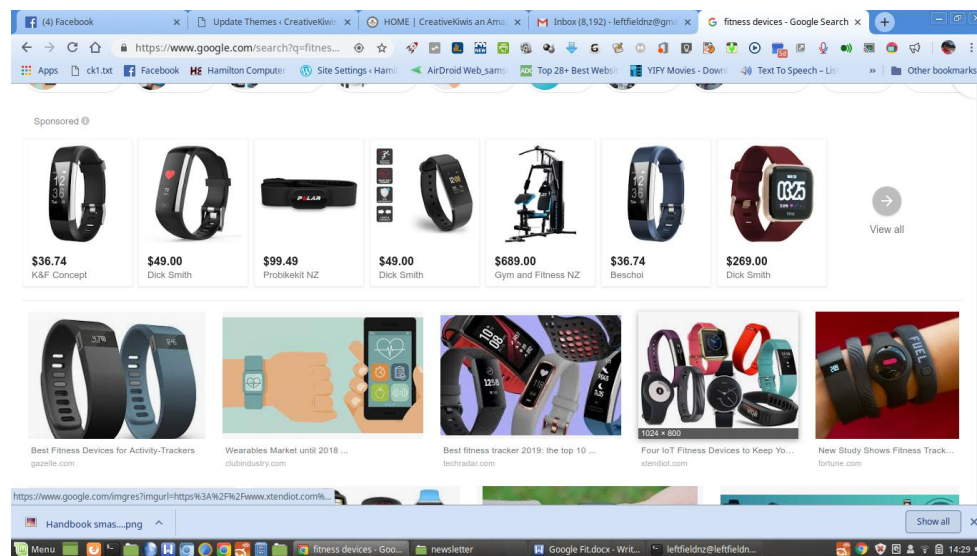
You have a record of your activity and a journal.

<https://www.google.com/fit/>

<https://play.google.com/store/apps/details?id=com.google.android.apps.fitness>

<https://play.google.com/store/search?q=fitness&c=apps>

There are also many fitness devices you can wear and monitor movement, heart rate etc.



Bill Rosoman March 2019