HEALTH **TECH** COACH

How to Use Your Apple Watch for Health & Fitness
Top 10 Tips

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Tip #1: Medical ID / Emergency SOS

Press and hold the side button on the watch for 2-3 seconds. You will be shown three options: **Power Off**, **Medical ID** and **Emergency SOS**.

Slide the **Medical ID** icon to the right and the Medical ID will be displayed. Scroll down to Emergency Contacts and tap any of the phone numbers to place a call to that person.

Slide the **SOS** icon to the right to contact Emergency Services.

For more info, see: [Emergency Access to Medical ID in the Health App](#)

Tip #2: Heart Rate Notifications

If you are using an Apple Watch, you can get the following notifications:

- **Low Heart Rate**

- **High Heart Rate**

- **Irregular Rhythm**

If you want to be notified when any of those conditions are detected, you must enable this in the **Watch** app on the iPhone. Tap **My Watch** at the bottom of the screen, scroll down and tap on **Heart**. You can then enable **Irregular Rhythm** notifications, and set **High Heart Rate** and **Low Heart Rate** notifications.

For more info, see:

[Heart Measurements in the Health App](#)

Tip #3: Change Activity Goals

The Activity App keeps track of your progress towards your daily **Move**, **Exercise** and **Stand** goals. You can set each one to the value that you want.

1. Run the **Activity** app on the Apple Watch

2. Scroll to the bottom of the screen and tap **Change Goals**.

3. Set your **Move Goal** and tap **Next**.

4. Set your **Exercise Goal** and tap **Next**.

5. Set your **Stand Goal** and tap **OK**.

Make sure to set your Activity Goals to values that are challenging, but doable.

For more info, see:

How to Change Your Daily Activity Goals

Tip #4: Immediately Start Workout

When you start a workout using the Workout app on the Apple Watch, it counts down for three seconds before the workout actually begins.

If you're anxious to start your workout and don't want to wait those three seconds, tap on the screen while it's counting down, and the workout will start immediately.

For more info, see:

[Inside the Workout App](#)

Tip #5: Multiple Metrics in Workouts

When running the Workout app, certain metrics are shown on your Apple Watch. What you see on the watch can be customized in the **Watch** app on the iPhone.

In the **Watch** app, tap **My Watch** at the bottom of the screen. Then tap **Workout View**, and choose either **Multiple Metric** or **Single Metric**. If you choose Multiple Metric, you can tap any workout in the list and customize what you will see during that type of workout.

Single Metric mode doesn't seem very useful.

For more info, see: [Workout App: How to Customize it to Work for You!]

Tip #6: Watch Faces & Complications

The Apple Watch allows you to create different watch faces and then customize those watch faces with complications.

Complications are small elements that appear on the watch face and allow you to see information at a glance. In addition, you can tap a complication and immediately open its app.

When you use your Apple Watch for health and fitness, it's best to choose a watch face that allows many complications.

On a Series 4 and higher, use the **Infograph** or **Infograph Modular** watch faces.

On a Series 3 or earlier, use the **Modular** watch face.

For more info, see: [Transform Your Apple Watch into the Ultimate Fitness Tracker](#)

Tip #7: Fall Detection

All Apple Watches starting with the Series 4 have Fall Detection. This is one feature that you hope you'll never need, but if you do, you'll be glad that you have it.

Fall Detection may not detect your falls since it is not enabled automatically, unless you are over 65.

To enable Fall Detection, run the **Watch** app on your iPhone. Tap **My Watch** at the bottom of the screen, scroll down and tap **Emergency SOS**. Then scroll down to **Fall Detection** and make sure it's enabled.

If a fall is detected and you don't respond for a minute, emergency services will be contacted, and your Emergency Contacts will be notified.

For more info, see: [Apple Watch Fall Detection - All You Need to Know](#)

Tip #8: Miles or Kilometers?

There are several types of workouts in the **Workout** app that record your distance. On the Apple Watch, the distance can be shown either in Miles or Kilometers.

To change the units between Miles and Kilometers:

1. Run the **Watch** app on your iPhone.

2. Tap **My Watch** at the bottom of the screen.

3. Scroll down and tap **Workout**.

4. Scroll down and tap **Units of Measure**.

5. Choose the units for **Cycling Workouts** and **Walking and Running Workouts**.

Tip #9: Monthly Challenges

Each month the Activity app gives you a new monthly challenge. For example: *Close all three rings 19 times, Complete 26 workouts* or *Walk or run 50 miles*.

To see what your current challenge is, run the **Activity** app on your Watch. Swipe left twice and you'll be on the **Awards** screen. Scroll down until you see [Month] Challenge. Tap on the badge and scroll down to see what this month's challenge is. You will see how much progress you've made so far this month, and what you need to do in order to complete the challenge.

Scroll down to see previous monthly challenges that you've completed.

For more info, see:

Apple Watch Activity App - Monthly Challenges

Tip #10: Mindfulness Reminders

The **Mindfulness** app is a great way to take a short break during your busy day and relax for a minute or two. We're usually so busy that we forget to do this.

With **Mindfulness Reminders**, the Apple Watch can remind you to take a break several times during the day.

In the **Watch** app on the iPhone, tap **My Watch**, scroll down and tap on **Mindfulness**. Under **Mindfulness Reminders** you can choose to get a reminder at **Start of Day** or **End of Day**. You can add additional reminders at any time of day by tapping **Add Reminder** and choosing the time and which days you'd like the reminder.

When you get the reminder, tap **Open Mindfulness** and choose the type of Mindfulness session you'd like to start.