

THE APPLE WATCH



Image Source: Apple.com

THE FEATURES

- ECG on your wrist
- Heart Rate
- Fall detection
- Relaxation and breathing help
- Set goals
- Workouts and weekly summaries
- Activity tracker

THE WORKOUT APP: The new and improved workout app brings you updated workouts every day. These workouts can range from training for a marathon to swimming. The Apple Watch Series 4 has workouts for everyone and what they are looking for. You can set individualized goals and measure your caloric intake and your progress all through the workout app.



Image Source: Apple.com

DAILY FEATURES

- iMessage
- Phone calls
- Emergency SOS and contacts
- Apple Pay
- GPS tracking
- Music
- Weather



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YOUR HEALTH MATTERS

The Apple Watch Series 4 allows you to keep track of all your healthy routines like sleep, drinking water, and managing your health conditions. Apps such as Lifesum and Dexcom can help make better life choices to live and eat healthier.