

best fitness apps for apple watch 2017

The Ultimate Guide to the Best Fitness Apps for Apple Watch in 2017

best fitness apps for apple watch 2017 were transforming how users engaged with their health and fitness goals, leveraging the powerful capabilities of the wearable device. In 2017, the Apple Watch was no longer just a notification center; it was a comprehensive fitness companion, and the right apps could amplify its effectiveness exponentially. This guide delves into the top applications that allowed users to track workouts, monitor progress, stay motivated, and achieve new personal bests. From running and cycling to strength training and mindfulness, we explore the apps that stood out for their seamless integration, robust features, and user-friendly interfaces. Discover how to unlock the full potential of your Apple Watch for a healthier, more active lifestyle.

Introduction to Apple Watch Fitness in 2017

Understanding Apple Watch Fitness Features

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Understanding the Apple Watch Fitness Ecosystem in 2017

By 2017, the Apple Watch had firmly established itself as a significant player in the wearable technology market, with its fitness capabilities being a primary driver of adoption. The device's built-in sensors, including the heart rate monitor and accelerometer, provided a robust foundation for tracking a wide array of physical activities. The Apple Health app served as a central hub, aggregating data from various sources, including native Apple Watch features and third-party applications. This ecosystem allowed for a holistic view of one's health, making it easier to set, track, and achieve fitness objectives.

The strength of the Apple Watch in 2017 lay in its ability to provide real-time feedback during workouts. Users could glance at their wrist to see metrics like heart rate, calories burned, distance covered, and pace without needing to pull out their iPhone. This immediate feedback loop was crucial for many individuals seeking to optimize their training sessions and push their limits safely and effectively. Furthermore, the Apple Watch's Activity Rings – Move, Exercise, and Stand – offered a gamified approach to daily

activity, encouraging users to be more mindful of their movement throughout the day.

Key Apple Watch Fitness Features in 2017

The native functionalities of the Apple Watch in 2017 were already impressive and formed the bedrock for many third-party applications. The Workout app, for instance, offered a comprehensive suite of tracking options for popular activities like running, cycling, swimming, and elliptical training. It provided detailed metrics, customizable goals, and post-workout summaries. The heart rate sensor was particularly noteworthy, offering continuous monitoring during workouts and resting heart rate tracking, which provided valuable insights into cardiovascular health and fitness levels.

Beyond dedicated workouts, the Apple Watch was designed to promote general activity. The aforementioned Activity Rings were a constant reminder to close those rings by meeting daily targets for movement, exercise, and standing. This was complemented by inactivity alerts, nudging users to get up and move if they had been sedentary for too long. These built-in features created a powerful, integrated system that could be enhanced by external apps, leading to a truly personalized fitness experience.

Top Workout Tracking Apps for Apple Watch in 2017

In 2017, several third-party applications rose to prominence by offering enhanced features and specialized tracking capabilities that complemented the Apple Watch's native offerings. These apps often provided more in-depth analytics, personalized training plans, and broader sport support. Users looking to go beyond the basics found these applications indispensable for achieving specific fitness milestones and optimizing their training regimens.

The integration of these apps with the Apple Watch was seamless, allowing for the collection of detailed workout data directly from the wrist. This included advanced metrics that were not always available through the native Workout app, such as cadence, elevation gain, and power output for cycling. The ability to control music playback, receive notifications, and even communicate with coaches or friends directly from the watch added another layer of convenience and engagement to workouts.

Running and Cycling Apps: Pushing Your Pace

For runners and cyclists, 2017 offered a plethora of apps that transformed the Apple Watch into an advanced training tool. These applications focused on providing detailed performance metrics, GPS tracking, and coaching features to help users improve their speed, endurance, and efficiency. The ability to analyze post-run or ride data, including splits, elevation changes, and heart rate zones, was crucial for structured training.

- **Strava:** A perennial favorite, Strava offered robust GPS tracking for runs and rides, along with social features that allowed users to connect with friends, participate in challenges, and compete on leaderboards. Its Apple Watch integration allowed for real-time pace, distance, and heart rate monitoring, with comprehensive post-workout analysis available on the iPhone app.
- **Runkeeper:** Known for its user-friendly interface and detailed tracking, Runkeeper provided goal setting, audio cues during runs, and post-workout summaries. The Apple Watch app allowed for easy initiation of workouts and provided key metrics at a glance, making it a reliable companion for runners of all levels.
- **Wahoo Fitness:** While Wahoo offered a range of cycling accessories, their app provided excellent integration for cyclists using the Apple Watch. It focused on capturing detailed ride data, including speed, distance, cadence, and heart rate, often syncing with other Bluetooth sensors for a more comprehensive performance overview.

Strength Training and Gym Workout Apps

Beyond cardio, the Apple Watch in 2017 also found its footing in the gym, with apps designed to enhance strength training routines. These applications helped users log sets, reps, and weights, track rest times, and even offer guided workout plans. The convenience of having a digital workout journal on your wrist eliminated the need for paper logs or bulky phones.

- **StrongLifts 5x5:** This popular strength training program saw its Apple Watch app become a staple for many gym-goers. It guided users through the 5x5 workout, automatically logging sets and reps, tracking rest periods, and providing a clear overview of progress over time.
- **Fitbod:** Fitbod offered personalized strength training plans based on user recovery and available equipment. The Apple Watch integration allowed users to start and track workouts directly from their wrist, with the app dynamically adjusting future recommendations based on completed sessions.

- **Jefit:** Jefit provided a comprehensive database of exercises with instructions and video demonstrations. Its Apple Watch app enabled users to log their entire workout session, including sets, reps, and weight lifted, making it easier to manage and progress their strength training routines.

Mindfulness and Mental Wellness Apps

The benefits of fitness extend beyond the physical, and in 2017, apps began to leverage the Apple Watch for mental wellness. Guided meditations, breathing exercises, and sleep tracking became increasingly important components of a holistic health approach, and these apps brought these practices to the wrist.

- **Calm:** This leading meditation app offered a selection of guided meditations and breathing exercises accessible directly from the Apple Watch. Users could start a session with a few taps, helping them manage stress and improve focus throughout the day.
- **Headspace:** Similar to Calm, Headspace provided short, guided meditation sessions designed for beginners and experienced practitioners alike. The Apple Watch interface allowed for quick access to these mindfulness tools, promoting a sense of calm and well-being.
- **Sleep Cycle:** While not strictly a mental wellness app, effective sleep is crucial for recovery and mental health. Sleep Cycle used the Apple Watch's sensors to analyze sleep patterns and provide insights into sleep quality, helping users optimize their rest.

Apps for Specific Sports and Activities

Beyond the mainstream, the Apple Watch in 2017 also catered to a diverse range of niche sports and activities, offering specialized tracking and features. Whether it was swimming, yoga, or hiking, there was likely an app designed to enhance the experience.

- **MySwimPro:** This app became an invaluable tool for swimmers, offering personalized swim workouts, technique analysis, and progress tracking directly on the Apple Watch. It could automatically detect stroke type and count laps, providing detailed insights into performance in the pool.

- **Nike+ Training Club (NTC):** NTC offered a vast library of guided workouts across various disciplines, from yoga to HIIT. The Apple Watch app allowed users to follow along with the workouts, track their progress, and receive motivational prompts.
- **Golfpad GPS:** For golfers, this app provided detailed course maps, distance tracking to greens and hazards, and shot tracking. The Apple Watch integration allowed for quick yardage checks and seamless logging of each shot during a round.

Tips for Maximizing Your Fitness App Experience with Apple Watch in 2017

To truly harness the power of the **best fitness apps for Apple Watch 2017**, a strategic approach to app selection and usage is essential. Simply downloading multiple apps without a clear plan can lead to data overload and a less-than-optimal experience. It's important to identify your primary fitness goals and choose apps that directly support them, rather than trying to be a jack-of-all-trades.

Furthermore, understanding how to leverage the Apple Watch's capabilities in conjunction with these apps is key. This includes ensuring proper watch fit for accurate heart rate readings, enabling background app refresh for continuous data collection, and utilizing complications on the watch face for quick access to important app features. Regular review of your collected data, both on the watch and within the companion iPhone apps, is crucial for identifying trends, celebrating progress, and making necessary adjustments to your training.

- **Set Clear Goals:** Define what you want to achieve – whether it's running a 5k, losing weight, or increasing strength – and select apps that align with these objectives.
- **Prioritize Integration:** Ensure the apps you choose integrate seamlessly with Apple Health, allowing for consolidated data tracking.
- **Customize Your Watch Face:** Utilize complications to display key metrics from your favorite fitness apps directly on your watch face for easy access.
- **Explore App Settings:** Dive into the settings of each app to personalize your experience, set custom alerts, and fine-tune tracking parameters.
- **Review Your Data Regularly:** Take time to analyze your workout summaries and historical data to understand your progress and identify areas for

improvement.

- **Stay Updated:** Keep your Apple Watch software and your chosen fitness apps updated to benefit from the latest features and bug fixes.
- **Don't Overwhelm Yourself:** Start with a few core apps that meet your primary needs rather than installing dozens of apps at once.

Choosing the Right Fitness Apps for Your Needs

Selecting the **best fitness apps for Apple Watch 2017** ultimately comes down to individual preferences and fitness objectives. The market in 2017 was rich with options, meaning that most users could find a tailored solution. Consider what aspects of fitness are most important to you. Are you a dedicated runner focused on pace and distance, or do you prefer a more holistic approach that includes strength training and mindfulness? Your answer to these questions will guide your app selection process.

It's also worth noting that many of these apps offered free basic versions with premium subscription options for advanced features. Experimenting with the free tiers can be an excellent way to gauge an app's suitability before committing financially. Remember that the most effective fitness app is the one you will consistently use. Therefore, prioritize user experience, intuitive design, and features that genuinely motivate and support your journey towards a healthier lifestyle. The Apple Watch, paired with the right software, was a powerful tool in 2017 for anyone committed to their well-being.

FAQ: Best Fitness Apps for Apple Watch 2017

Q: What were the most popular free fitness apps for Apple Watch in 2017?

A: In 2017, popular free fitness apps for the Apple Watch included Nike+ Run Club, Strava (with core features available for free), MyFitnessPal for calorie tracking, and the native Apple Workout app. Many other apps offered a robust free tier with optional paid upgrades.

Q: Can I track my swimming workouts with an Apple

Watch and fitness apps in 2017?

A: Yes, the Apple Watch's water resistance and native Workout app could track swimming. Apps like MySwimPro in 2017 also offered advanced features for swimmers, including stroke analysis and personalized workout plans directly on the watch.

Q: Were there any fitness apps in 2017 that focused on yoga or meditation for Apple Watch?

A: Absolutely. Apps like Calm and Headspace provided guided meditation and breathing exercises accessible from the Apple Watch in 2017, promoting mental wellness alongside physical activity.

Q: How did fitness apps leverage the heart rate monitor on the Apple Watch in 2017?

A: Fitness apps in 2017 used the Apple Watch's heart rate monitor to track exertion levels during workouts, calculate calories burned more accurately, monitor resting heart rate for overall health insights, and guide users through different heart rate zones for targeted training.

Q: Were there apps that offered personalized training plans for Apple Watch in 2017?

A: Yes, several apps in 2017, such as Fitbod for strength training and various running apps, offered personalized training plans that adapted based on user progress and goals, with many of these accessible and controllable via the Apple Watch.

Q: How important was the integration with Apple Health for fitness apps in 2017?

A: Integration with Apple Health was highly important in 2017, as it allowed users to consolidate data from multiple fitness apps into a single, comprehensive health dashboard, providing a holistic view of their well-being and progress.

Q: Did the Apple Watch in 2017 offer any built-in coaching features that apps could enhance?

A: The Apple Watch had built-in coaching elements through its Activity Rings and workout summaries. Third-party apps in 2017 often enhanced these by providing more detailed audio cues during runs, adaptive workout suggestions, and more sophisticated performance feedback.

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and Fooducate. These three vectors of identity, when analysed in relation to food, diet, health, and technology, reveal significant new ways in which inequality, hierarchy, and injustice become manifest. In the book, Tina Sikka argues that the corporate-led trends associated with health apps, genetic testing, superfoods, and functional foods have produced a kind of dietary-genomic-functional food industrial complex. She makes the positive case for a prosocial, food secure, and biodiverse health and food culture that is rooted in community action, supported by strong public provisioning of health care, and grounded in principles of food justice and sovereignty.

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Jack Davidson, 2017-01-22 Apple Watch Series 2 boasts built-in GPS that keeps you connected, motivated and active all the time. No need to pause your life for getting that call, having some workout or spending time with kids even in water. With its water resistance, up to 50 meters, you can take your Apple Watch Series 2 in for a swim. The new dual-core processor has lightning-fast speed with a display that lets you use your watch even under the glaring Sun. Apple Watch Series 2 is your ultimate companion in anything you do, all day long.

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watch is renowned for its wide array of features, from the ability to make calls, receive text messages, directions, as well as monitoring your movement among others. But this is not all apple watch has to offer since it packs numerous features that you will find interesting. Another thing you can do with this watch is customize your built in messages to fit your desire. Go to the watch's app on your iPhone, then select messages and proceed to default replies. You will see all the replies that are currently on your iPhone, and swap any of them that you don't like to add something new. You can also use this setting if you are thinking about sending the same messages to your friends repeatedly. In case you want to return to the app that you were using last, it is not required to configure the watch settings over again from the start. You can start by simply double pressing on the digital crown to launch the last app you used instantly. Table of Contents Introduction Apple PayHow to Set Up Apple PayImportant Things to KnowApple Watch and ExerciseWater Resistant DesignManaging Apps on your Apple WatchMusic on your Apple WatchChanging your App LayoutApple Watch BandApple Watch SizeApple Watch Series 4How to Monitor Your Heart RateThree Versions of Apple WatchOSHow to Change Your Apple Watch's FaceControlling your Apple TV Using Apple WatchModifying SettingsCalibrate Your Watch to Get Accurate StatsTheatre ModeSimple Guide to Managing NotificationsWatchOS 4.3Apple Watch Security SettingsRemotely Work your iPhone's CameraChanging Default City for WeatherDigital Touch MessagesFixing a Stuck Digital CrownHow to Use Nightstand ModeHealth and Fitness Apps for your Apple WatchHow to Setup Your Apple Watch on a new iPhoneApple Watch Photography AppsRadio Streaming and Using Apple Music on your watchOS 4.131. Siri Watch Face with WatchOS 4

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Mitra, 2022-11-30 The COVID-19 pandemic upended the lives of many and taught us the critical importance of taking care of one's health and wellness. Technological advances, coupled with advances in healthcare, has enabled the widespread growth of a new area called mobile health or mHealth that has completely revolutionized how people envision healthcare today. Just as smartphones and tablet computers are rapidly becoming the dominant consumer computer platforms, mHealth technology is emerging as an integral part of consumer health and wellness management regimes. The aim of this book is to inform readers about the this relatively modern technology, from its history and evolution to the current state-of-the-art research developments and the underlying challenges related to privacy and security issues. The book's intended audience includes individuals interested in learning about mHealth and its contemporary applications, from students to researchers and practitioners working in this field. Both undergraduate and graduate students enrolled in college-level healthcare courses will find this book to be an especially useful companion and will be able to discover and explore novel research directions that will further enrich the field.

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August E. Grant, Jennifer H. Meadows, 2018-06-13 For three decades, Communication Technology Update and Fundamentals has set the standard as the single best resource for students and professionals looking to brush up on how communication technologies have developed, grown, and converged, as well as what's in store for the future. The secret to the longevity is simple—every two years, the book is completely rewritten to ensure that it contains the

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professionals in the field, this is a timely contribution on an important issue.

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