

how to sync strava to apple health

How to Sync Strava to Apple Health: A Comprehensive Guide

how to sync strava to apple health is a common query for athletes and fitness enthusiasts looking to centralize their health and activity data. This process allows you to seamlessly integrate the detailed workout metrics recorded by Strava with the comprehensive health overview provided by Apple Health. By connecting these two powerful platforms, you gain a holistic view of your fitness journey, making it easier to track progress, identify trends, and share your achievements. This guide will walk you through the essential steps, troubleshooting common issues, and maximizing the benefits of this integration, ensuring your activity data flows smoothly and accurately.

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Understanding the Strava to Apple Health Sync

The ability to sync Strava to Apple Health is a crucial feature for many users aiming for unified data management. Strava is renowned for its advanced activity tracking, GPS mapping, and robust social network for athletes, capturing granular details about runs, rides, swims, and more. Apple Health, on the other hand, serves as a central repository for all your health information, encompassing everything from heart rate and sleep patterns to workouts and nutrition. When you successfully sync Strava to Apple Health, you are essentially enabling a two-way or one-way flow of data, depending on your configuration, ensuring that your Strava-recorded activities are recognized and stored within your Apple Health ecosystem.

This integration leverages Apple's HealthKit framework, which is designed to facilitate the secure sharing of health and fitness data between various apps and devices. For users who rely on their Apple Watch or other compatible devices for initial data capture, and then use Strava for enhanced analysis and community features, this sync is particularly valuable. It eliminates the need for manual data entry and reduces the likelihood of discrepancies between different fitness tracking applications. Understanding the underlying technology helps in appreciating the seamless experience that a proper sync provides.

Benefits of Syncing Strava with Apple Health

The advantages of learning how to sync Strava to Apple Health extend beyond mere convenience. One of the primary benefits is the creation of a centralized health dashboard. Instead of juggling multiple apps to see your workout duration, calories burned, distance covered, and heart rate data,

you can access it all within Apple Health. This consolidated view provides a more accurate and comprehensive picture of your overall fitness and well-being over time. It simplifies data analysis and trend identification, allowing you to make more informed decisions about your training and health goals.

Furthermore, syncing Strava to Apple Health enhances the accuracy and completeness of your Apple Health data. Activities recorded in Strava often include more detailed metrics, such as elevation gain, pace, cadence, and power output, which may not be captured as thoroughly by other means. By transferring this rich data, your Apple Health profile becomes a more robust and informative record of your physical activity. This richer dataset can also be leveraged by other HealthKit-compatible apps for more personalized insights and recommendations.

Step-by-Step Guide: How to Sync Strava to Apple Health

Successfully enabling the sync between Strava and Apple Health is a straightforward process, but it requires careful attention to the settings within both applications. Follow these steps to ensure a smooth integration.

Initial Setup on Strava

The process begins within the Strava app itself. You'll need to grant Strava permission to access and write data to Apple Health. This is typically found within the app's settings or connected services menu. Ensure your Strava app is up-to-date for the best experience.

Granting Permissions in Apple Health

Once you've initiated the connection from Strava, you will be prompted by iOS to grant specific permissions to Strava within the Apple Health app. This is a critical step that determines what data Strava can read from and write to your HealthKit data store. You will likely see options to allow Strava to write workout data, distance, energy burned, and heart rate, among other metrics. It is generally recommended to allow Strava to write relevant data types to ensure a comprehensive sync.

Configuring Data Flow

Within the Apple Health app, navigate to the "Data Sources & Access" section. Here, you can select Strava and review and adjust the permissions. For a robust sync, you'll want to ensure Strava has permission to write data such as Workouts, Active Energy, Distance Walking + Running, and Heart Rate. Some users also choose to allow Strava to read certain data from Apple Health, which can be

useful for Strava to use data like resting heart rate for more accurate calorie estimations, though this is less common for the primary sync functionality.

Verifying the Sync

After configuring the permissions, it's essential to verify that the sync is working correctly. The easiest way to do this is to record a short activity using Strava (e.g., a brief walk or run) and then check the Apple Health app. Your recorded activity should appear under the "Workouts" section in Apple Health, along with associated metrics like duration, distance, and calories burned. Allow a few minutes for the data to propagate.

Common Issues and Troubleshooting Syncing Strava to Apple Health

While the sync process is generally reliable, users sometimes encounter issues when trying to connect or maintain the data flow between Strava and Apple Health. Understanding these common problems and their solutions can save you time and frustration.

Data Not Appearing in Apple Health

One of the most frequent complaints is that activities recorded in Strava are not showing up in Apple Health. This can be due to several reasons:

- **Permission Issues:** Double-check that Strava has the necessary permissions within Apple Health to write workout data. Go to Apple Health > Your Profile > Privacy > Apps and select Strava to review and adjust permissions.
- **App Updates:** Ensure both Strava and Apple Health apps are updated to their latest versions, as compatibility issues can arise with older versions.
- **Background App Refresh:** Make sure Background App Refresh is enabled for Strava in your iPhone's Settings > General > Background App Refresh. This allows Strava to sync data even when you're not actively using the app.
- **Manual Sync Attempt:** Sometimes, a manual trigger is needed. Try recording a new, very short activity in Strava and see if that prompts the sync. You can also try disconnecting and reconnecting the services within Strava's settings.

Inaccurate or Missing Metrics

Occasionally, activities sync over, but certain metrics like heart rate or distance are missing or inaccurate. This can be linked to the initial data capture and the permissions granted.

- **Device Connectivity:** Ensure your heart rate monitor or GPS device was correctly connected and providing data to Strava during your activity.
- **Specific Data Types:** Verify that you have granted Strava permission to write specific metrics like "Heart Rate" and "Distance Walking + Running" in Apple Health.
- **Third-Party App Conflicts:** If you use multiple apps that write to HealthKit, conflicts can sometimes occur. Try temporarily disabling other apps' write permissions to see if it resolves the issue.

Syncing Not Working After Reinstallation or Updates

If you've recently reinstalled Strava or updated your iOS, you might need to re-establish the connection. It's often necessary to go back into Strava's settings, disconnect from Apple Health, and then reconnect, ensuring you grant all permissions again.

Maximizing Your Data: What Syncs and What Doesn't

Understanding precisely what data gets transferred between Strava and Apple Health is key to leveraging the integration effectively. While the sync is robust, there are limitations.

Data That Typically Syncs

When you correctly sync Strava to Apple Health, you can expect the following types of data to transfer:

- **Workout Details:** This includes the type of activity (run, cycle, etc.), duration, distance, calories burned (active energy), and the time of day the activity occurred.
- **Heart Rate Data:** Average heart rate, maximum heart rate, and sometimes heart rate zones are transferred if recorded by Strava and permissions are granted.
- **GPS and Route Data:** While the detailed map of your route might not appear directly in Apple Health, the distance and pace derived from GPS are typically synced.
- **Elevation Data:** For activities like running and cycling, elevation gain and loss are often

included.

Data That Generally Does Not Sync

It's important to note that not all granular data from Strava will populate Apple Health. This is often by design to keep Apple Health focused on core health metrics.

- **Detailed Performance Metrics:** Metrics like cadence, stride length, power output, VO2 Max estimates, and lap times are usually proprietary to Strava and do not transfer to Apple Health.
- **Social Data:** Likes, comments, kudos, and follower information remain within the Strava platform.
- **Strava-Specific Training Plans or Segments:** Performance on specific segments or progress within Strava's training plans are not transferred.
- **Steps Data:** If you're using Apple Watch for step tracking, Strava typically doesn't add its own step data into Apple Health; it focuses on distinct workout sessions.

Advanced Tips for Strava and Apple Health Integration

Once you've mastered the basic sync, you can explore ways to get even more value from your connected fitness data. Fine-tuning your settings and understanding how to interpret the combined data is crucial for optimizing your health tracking.

Using Third-Party Apps That Integrate with Both

Many other health and fitness apps are built on Apple's HealthKit. By syncing Strava to Apple Health, you indirectly make your Strava data available to these other applications. For example, a nutrition tracking app might use your caloric expenditure from Strava (via Apple Health) to provide more accurate dietary recommendations. Explore apps that can read from or write to HealthKit to create a more interconnected wellness ecosystem.

Leveraging Health Data for Training Insights

With your Strava activities now part of your Apple Health record, you can use Apple's built-in "Health" app to gain deeper insights. Look at your trends over weeks and months. How does your resting heart rate change as your fitness improves? How does your sleep quality correlate with your

training load? By cross-referencing workout data with other health metrics like sleep and heart rate variability (if tracked), you can develop a more nuanced understanding of your body's response to exercise and recovery.

Regularly reviewing your synced data in Apple Health can highlight patterns you might otherwise miss. This holistic view allows for more intelligent training adjustments, helping you avoid overtraining, optimize recovery, and ultimately achieve your fitness goals more effectively. The power of syncing Strava to Apple Health lies in transforming raw data into actionable knowledge.

Q: How often does Strava sync to Apple Health?

A: The sync between Strava and Apple Health typically happens automatically in the background whenever the Strava app has an opportunity to connect to the internet and process data. This can occur multiple times a day, but it's not always instantaneous. You can often force a sync by opening the Strava app or by recording a new activity.

Q: Can Strava import workouts from Apple Health?

A: The primary functionality is syncing Strava to Apple Health. While Strava can sometimes leverage data from Apple Health (like resting heart rate) for calculations, it generally does not import completed workouts from Apple Health. Strava is designed to be the primary tracker and exporter of its own recorded activities.

Q: What happens to my older Strava activities when I sync to Apple Health?

A: Once you enable the sync and grant permissions, Strava will typically backfill your recent activities into Apple Health. However, the extent of this backfill can vary and might not include all historical data. It's best to enable the sync as soon as possible to ensure continuous data flow.

Q: Do I need to have my Apple Watch connected to Strava to sync?

A: No, you do not necessarily need your Apple Watch directly connected to Strava. If your Apple Watch records an activity and that activity is saved and exported to the Health app, and then Strava is connected to Apple Health with the correct permissions, Strava can potentially recognize and sync that data. However, the most direct way to get Strava data into Apple Health is by recording the activity directly within Strava or having an activity recorded by a device that syncs to Strava.

Q: Why isn't my heart rate data syncing from Strava to Apple Health?

A: Heart rate data requires specific permission to be granted within Apple Health. Ensure that under Strava's app permissions in Apple Health, you have explicitly allowed it to write "Heart Rate" data. Also, confirm that your heart rate monitor was connected and functioning correctly during your

Strava activity.

Q: Can I choose which activities sync from Strava to Apple Health?

A: Generally, the sync is set up to transfer all completed activities that Strava records. There isn't a granular setting within Strava or Apple Health to selectively sync only certain types of activities. However, you can manually delete activities from Apple Health after they have synced if you wish to remove them from that platform.

Q: Is it possible for Apple Health to sync data to Strava?

A: Yes, some data can flow from Apple Health to Strava, particularly if you use your Apple Watch to record activities and have them initially saved to Apple Health. Strava can then import these workouts from Apple Health. However, for the most detailed Strava experience, recording directly within Strava is often preferred.

Q: What are the privacy implications of syncing Strava to Apple Health?

A: By syncing, you are sharing your fitness and health data between the two platforms. Both Strava and Apple have their own privacy policies. It's important to review these policies to understand how your data is collected, used, and protected. You can revoke permissions at any time.

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how to sync strava to apple health: *Get Fit with Apple Watch* Allen Taylor, 2015-09-23 *Get Fit with Apple Watch* is the concise introduction to the amazing new Apple Watch. It's the first book specifically focused on the Apple Watch's most important function: health and fitness. This book is for you if you are interested in health and are willing to make small lifestyle adjustments in order to enhance health and well-being. This book is also for you if you are a dedicated health junkie who already exercises on a regular basis and follows a healthy diet. The Apple Watch includes fitness apps that you can access right on your wrist while you are exercising, for instant feedback on how you are doing. You will learn how to use the Watch to avoid sitting for too long, to register a healthy amount of body movement every day, and how to get the most out of more strenuous exercise activities. All fitness and exercise-related built-in apps will be covered in detail, as well as leading third party health and fitness apps that have been specifically tailored to work with the Watch. Part I plus two appendixes give readers just what they need to know to understand all functionality of the

Apple Watch to set up their Apple Watch, and what third-party apps are available (at time of publication). It's a great mini-book that will be appeal to readers who don't feel the need to buy an entire standalone introduction to the Apple Watch. Part II (the majority of the book) clearly explains the Apple Watch's fitness and health-tracking functions, but goes well beyond this by showing readers different ways to integrate these functions into their daily lives, regular workout routines, and with their iPhone and the leading third-party health and fitness apps. Plus, there's an entire chapter devoted to the Apple Watch Research Kit, explaining the benefits of the associated medical research apps and how users can participate in these world-changing programs, should they choose to. Veteran technology author Allen Taylor is also a participant in the Apple Watch Research Kit study in cardiovascular fitness conducted by Stanford University.

how to sync strava to apple health: AllTrails: Your Ultimate Guide to Hiking, Biking & Running Adventures Navneet Singh, Table of Contents Introduction What is AllTrails? Why use AllTrails? Overview of the app and website features Who is this book for? Chapter 1: Getting Started with AllTrails Creating an account Navigating the interface Setting preferences (location, activity type) Downloading offline maps Chapter 2: Finding the Perfect Trail How to search trails by location, difficulty, length, and activity Understanding trail ratings and reviews Using filters effectively Saving and bookmarking trails Chapter 3: Hiking with AllTrails Planning your hiking trip Trail info: elevation, distance, time estimates Safety tips using AllTrails data Tracking your hike with GPS Chapter 4: Biking Adventures Finding bike-friendly trails Using trail filters for biking Tracking your bike ride and analyzing stats Safety considerations for bikers Chapter 5: Running & Trail Running Choosing running trails on AllTrails Tracking your run and performance metrics Incorporating AllTrails into training plans Sharing runs with the community Chapter 6: Offline Use & GPS Tracking How to download maps for offline use Using GPS tracking on remote trails Battery saving tips Troubleshooting GPS issues Chapter 7: Community & Sharing Reading and writing trail reviews Uploading photos and videos Connecting with friends and groups Participating in challenges and events Chapter 8: Upgrading to AllTrails Pro Features of AllTrails Pro (offline maps, print maps, Lifeline, no ads) Is Pro worth it? How to upgrade and manage subscriptions Chapter 9: Safety and Environmental Responsibility Using AllTrails to hike safely Leave No Trace principles and respecting trails Reporting trail issues Chapter 10: Tips, Tricks & Advanced Features Customizing routes Using Waypoints and route planning Integrating AllTrails with other fitness apps Troubleshooting common issues Conclusion Recap and encouragement to explore How AllTrails enhances outdoor experiences Final thoughts and next steps

how to sync strava to apple health: Pokémon GO 2: Walk, Catch, Repeat — A Beginner's Guide to Augmented Adventures Dizzy Davidson, 2025-07-12 If you've ever wondered how to start playing Pokémon GO 2 without feeling overwhelmed... If you've watched people raid, battle, and evolve their teams and thought, "I want to do that!"... If you've been looking for a simple, step-by-step guide with tips, tricks, and real stories to make the game feel fun and easy... This book is for you. Packed with beginner-friendly advice, Pokémon GO 2: Walk, Catch, Repeat is your companion to one of the world's most exciting augmented reality games. Whether you're brand new to mobile gaming or just hopping back in, this guide is written in clear language that anyone—even with just a grade 9 education—can enjoy and follow. Inside, you'll find:

- □ Step-by-step walkthroughs for setting up your game, catching Pokémon, and powering up your team
- □ Tips for safe exploration and how to turn walking into adventure
- □ Battle strategies and raid tactics explained in simple terms
- □ Candy, Stardust, and evolution made easy
- □□□ How to join teams and make friends in-game and in real life
- □ Seasonal events and regional bonuses to boost your gameplay
- □ Smart spending advice for free-to-play and budget-friendly users
- □ Real-life trainer stories from around the world
- □ Helpful illustrations, maps, and examples to follow as you play
- □ Sample daily routines for casual players who want progress without pressure

Whether you're catching your first Pikachu or stepping into the Arena with legends, this book guides you at every level. Say goodbye to confusion and hello to daily fun, fresh air, and your very own Pokémon adventure. Get your copy today!

how to sync strava to apple health: Apple Watch Series 4 Cathy Young, 2019-01-03 Ranked #1 on Apple New Releases Top Charts. So, you have a new Apple Watch. A hearty congratulations to you! No doubt you've heard about messaging, email, and the health apps. The visionary Apple Watch is, at last, poised to take on the world in the Apple Watch Series 4! I want you to feel comfortable with all aspects of your watch in an environment that encourages you to learn painlessly at your own pace. My goal is to help you enjoy the wonder of discovering your Apple Watch. Along the way, I want to:

- Teach you how to use all the features of your Apple Watch. I say "all." As far as I know, I found every darned one of them but don't sue me if I missed one.
- Demonstrate the cool and awe-inspiring features of the Apple Watch. These aren't random tips and tricks. Rather, I have showcased them in a way that lets you find them while exploring a particular feature or topic.
- Help you find what you want, when you want it. The organized and detailed Table of Contents includes 200+ topics. Skip around to your heart's content.
- Inspire you with 111+ third-party apps. A few of the categories include entertainment, productivity, sports, photography, and games. We'll also cover integration platforms like IFTTT, which open up the possibility of unlimited applications.
- Focus on the engineering and Apple platforms behind the Apple Watch. The physical device includes the heart rate monitor, accelerometer, gyroscope and Apple's Force Touch technology. Behind the scenes, learn how Apple is partnering with businesses to extend their HealthKit, HomeKit, and GymKit platforms to enhance your experience for years to come.
- List 30 Common Troubleshooting and Maintenance Suggestions. This book is specifically for the Series 4 Apple Watch. While much of the content applies equally to older models, please know that I didn't attempt to cover discontinued features like "glances" or "time travel." As a final selling point, I make an intentional effort to avoid a few of my pet peeves – and those pertain to incomplete (or half-a**ed) instructions. I frequently see directions such as "tap and go to settings," but they leave novice users asking, "tap where?" In another example I read, the instructions mentioned a workout playlist and how to enable it – but assumed nothing went awry (and something ALWAYS goes awry). I intend to cover those bases for you. And if I do, by chance, make the mistake of omitting a critical detail anywhere in this book, know that I was probably distracted by my Apple Watch telling me to get moving or to breathe. I apologize ahead of time; it wasn't intentional.

how to sync strava to apple health: *iPhone: The Missing Manual* David Pogue, 2018-11-06 The iPhone XS, XS Max, and XR aren't just faster and more powerful than ever—they're also better at all of the things you use an iPhone for. With the latest edition of this bestselling guide, you get a funny, gorgeously illustrated guide to the tips, shortcuts, and workarounds that will turn you into an iPhone master. This easy-to-use book will also get you up to speed on all iOS 12 features, including new Siri shortcuts, Group FaceTime, and improved parental controls. Missing Manual series creator and former New York Times columnist David Pogue helps you accomplish everything from web browsing to watching videos. You'll get up to speed on features such as Dual SIM Support that lets you use two lines on one phone and True Tone technology that adjusts the display to your environment. Pick up this beautiful full-color book and learn how to get the most out of your iPhone.

how to sync strava to apple health: *Fit, Fueled & Fabulous A BYB Fitness Guide for Women Over 50* Dr. Cynthia Simon, 2025-07-22 You didn't come this far to only come this far. At a certain point, you realize this next chapter is yours to claim. *Fit, Fueled & Fabulous* is your empowering guide to reclaiming your strength, energy, and confidence as you step boldly into midlife and beyond. This isn't about shrinking or extreme diets. It's about honoring your body, shifting your mindset, and celebrating what's possible — right now. Whether you're in your 40s, 50s, 60s, or 70s+, this book meets you where you are and helps you move forward with purpose. Inside, you'll find holistic, age-smart strategies to help you:

- Build a fitness routine that energizes your life, not drains it
- Strengthen your body and protect your joints with smart, effective training
- Fuel your vitality with balanced nutrition (no fads or restrictions)
- Break free from the scale and build unshakable confidence
- Manage stress and master your mindset
- Embrace recovery, joy, and lifelong wellness without apology

Built on the BYB (Be Your Best) philosophy, this guide unites mind, body, and nutrition to help you live powerfully and unapologetically. Because this isn't about slowing

down, it's about shifting gears with wisdom, strength, and unstoppable grace. Your Fit, Fueled & Fabulous life starts now. Let's go!

how to sync strava to apple health: Teach Yourself VISUALLY Apple Watch Guy

Hart-Davis, 2015-07-09 Master your new smartwatch quickly and easily with this highly visual guide Teach Yourself VISUALLY Apple Watch is a practical, accessible guide to mastering the powerful features and functionality of your new smartwatch. For Apple devotees and new users alike, this easy-to-follow guide features visually rich tutorials and step-by-step instructions that show you how to take advantage of all of the Apple watch's capabilities. You'll learn how to track your health, control household devices, download and install apps, sync your music, sync other Apple devices, and efficiently use the current OS. The visually driven instruction style dovetails perfectly with the visual cue-based OS, helping you master the basic features and explore the more advanced functionality and most commonly associated accessories. The Apple Watch is the latest addition to Apple's family of mobile devices, featuring the latest in consumer wearable tech. This guide is your expert, visual reference for unlocking all the features of your Apple Watch. Learn the features visually with 400 full-color screen shots Master the basic Apple Watch functions and customize your settings Get optimal performance from your smartwatch with expert tips Find the best apps and services to fit your personal needs The Apple Watch's graphics-intensive touch interface is perfect for visual learners, and this guide mirrors that feature with a highly visual approach to using both the OS and the device itself. With full coverage, plenty of screen shots, and expert tips and tricks, Teach Yourself VISUALLY Apple Watch is the companion you cannot be without.

how to sync strava to apple health: iPhone 16 for beginners & seniors Veyra Kynn,

2025-09-09 iPhone 16 For Beginners & Seniors: The Complete Step-by-Step Guide to Master New Features, iOS 18 Tips, Hidden Hacks & Expert Setup by Veyra Kynn is your personal shortcut to clarity, confidence, and total control of your device—no tech background required. This book was written for people like you: smart, capable, and eager to stay connected—but tired of feeling excluded by complicated tech talk and outdated manuals. With warmth, patience, and precision, Veyra Kynn breaks down even the most advanced iPhone 16 features into clear, simple steps. Whether you're setting up your device for the first time, learning to use Face ID, customizing widgets, navigating the updated Control Center, or uncovering the hidden gems of iOS 18, this guide makes everything feel accessible, empowering, and—dare we say—enjoyable. Confused by your new iPhone 16? Wondering how to make the most of iOS 18 without feeling lost, overwhelmed, or constantly asking for help? You're not alone. Every day, thousands of beginners and seniors unwrap the sleek promise of Apple's latest technology—only to be met with a maze of settings, swipes, icons, and features they never asked for. It's frustrating. It's intimidating. And it's easy to feel left behind in a world that assumes you already know how everything works. Now, imagine this instead: You pick up your iPhone 16 and know exactly what to do. You customize it to suit your needs. You FaceTime your grandkids, silence annoying notifications, take crystal-clear photos, find lost apps, and even teach others a few tricks. You're not just using your iPhone—you're mastering it. That's exactly what iPhone 16 For Beginners & Seniors promises to deliver. Written with compassion, clarity, and decades of teaching insight, this complete step-by-step guide is your trusted companion through every feature of the iPhone 16 and iOS 18. It's not just a manual—it's a lifeline for anyone who's ever felt left behind by today's fast-moving tech. Designed specifically for seniors and first-time users, this book makes complex features simple, hidden settings accessible, and daily use joyful again. Author Veyra Kynn understands your frustrations and meets you where you are—without talking down to you or skipping what really matters. From setup to security, from messages to maps, from Siri to Safari, you'll learn through relatable examples, clear instructions, and real-world scenarios that speak your language. No stress. No confusion. Just confidence. This isn't just about learning a phone—it's about reclaiming your independence, reconnecting with the people you love, and rediscovering the joy of keeping up in a digital world that's changing fast. Whether you're 60 or 90, tech-savvy or tech-shy, this book was written for you. Don't let confusion hold you back another day. Take control. Stay connected. And enjoy everything your iPhone 16 can

offer—with ease, freedom, and confidence. Order now and make this the most empowering purchase you'll make all year. Translator: Jaxon Marais PUBLISHER: TEKTIME

how to sync strava to apple health: *Smartphone Apps for Health and Wellness* John Higgins, Mathew Morico, 2023-01-06 *Smartphone Apps for Health and Wellness* helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

how to sync strava to apple health: *Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program)* Jason R. Rich, 2015-09-09 *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 a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to: • Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals • Define achievable goals, and use your iPhone and Apple Watch to work toward them • Use the built-in Health app to collect, view, analyze, store, or share health and fitness data • Customize your Apple Watch to display fitness information whenever you want it • Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone • Discover great tracking and performance tools for cyclists, runners, and walkers • Track what you eat, and become more mindful about nutrition • Discover mind/body tools for improving focus and reducing stress • Monitor your sleep patterns, sleep better, and consistently wake up more rested • Reinforce your motivation with apps, accessories, and music • Set up Medical ID to provide life-saving medical information in an emergency • Make the most of Apple's Activity and Workout apps

how to sync strava to apple health: *The Routledge Handbook of Digital Sport Management* Michael L. Naraine, Ted Hayduk III, Jason P. Doyle, 2022-12-01 *The Routledge Handbook of Digital Sport Management* provides students, researchers, and practitioners with a contemporary roadmap of the impact of digital technologies in sport management, at all levels and in all sectors, in a global context. Divided into three sections addressing digital transformations, digital tools, and emerging digital issues, this book explores the impact of digital technology in the core functional areas of sport management, such as sponsorship, event management, and human resources. It introduces essential digital innovations such as esports, social media, VR, wearables,

analytics, and artificial intelligence, and examines the debates and issues that are likely to shape and transform sport business over the next decade. The only book to survey the full sweep of digital sport management, this book is an essential reference for all serious students of sport business and management, any researcher working in the nexus of sport business and digital, and all managers, policy-makers or associated professionals working in the sport industry.

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