

# Apple's health and fitness revolution

Apple is attempting to amalgamate data garnered from a multitude of health and fitness apps and wearable technologies, into one handy application. Developers are now racing to get onboard the *Health* app

## 1 REQUIRED APPLE DEVICES

*iPhone* (4s or later) or *iPod Touch* (5th generation) running *iOS 8* operating system with *Health* app

## 2 CHOOSE WEARABLE TECH

Decide where to wear your gear – eyes, ears, wrists, hands or feet.

Three examples of popular wearable gadgets are:

### Jabra Sport Pulse Wireless Earbuds:

Listen to music while heart rate is read from ear canal



**Apple Watch\*:** LED light beams read heart rate, and iPhone's accelerometer and GPS/wi-fi track body movements

### Sensoria Fitness Socks and ankle:

Track foot landing and weight distribution as you walk/run

## 3 SHARE DATA

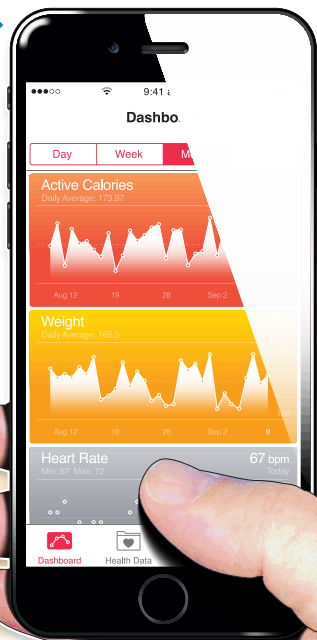


**HealthKit:** Developers use tool to sync their apps and data to *Health*



**Health:** Users view their collated data in form of charts and tables

■ **Concerns:** Linked Bluetooth devices further reduce battery life of iPhone, already suffering from decreased battery performance from running iOS 8



*iPhone 6 and Health app*