

Discovering the Power of the Apple Watch

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When you have a basic understanding of the Apple Watch, there are several excellent guides, videos, and material from Apple Support.

With the focus on Workouts using the watch there is an excellent setup guide for setting and starting Workout on your Watch.

[Use the Workout app on your Apple Watch](#)

If you still have questions, you can ask Siri for specific instructions on a feature.

When you are selecting a specific workout that has been optimized for a specific activity like “Outside Walk”, “Swimming laps”, and the “Treadmill.” For a list of the types of works that are currently available see

[Workout Types on Apple Watch](#)

[Track your trends in the Fitness app](#)

Oct 4, 2021 Open the Fitness app on your iPhone. Scroll down to the Trends tab at the bottom of the screen. Check if your Trends arrows are going up or down, or tap Show More to see more detailed information...

Google and YouTube searches are great for more information on using the Watch to track our fitness, set goals, and setting reminders to be consistent with your focus on fitness.