


# Close Your Rings



Apple Watch Series 4  
GPS + Cellular, 44mm  
Space Gray Aluminum  
Case with Black Sport  
Loop

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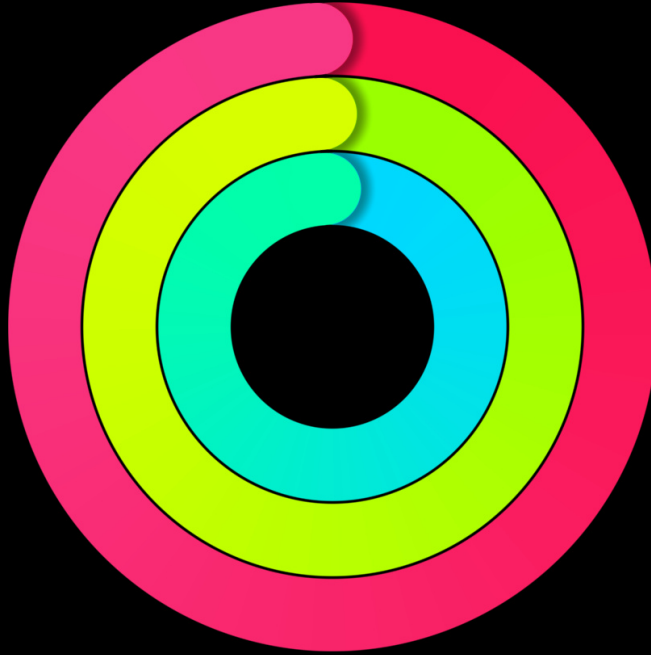
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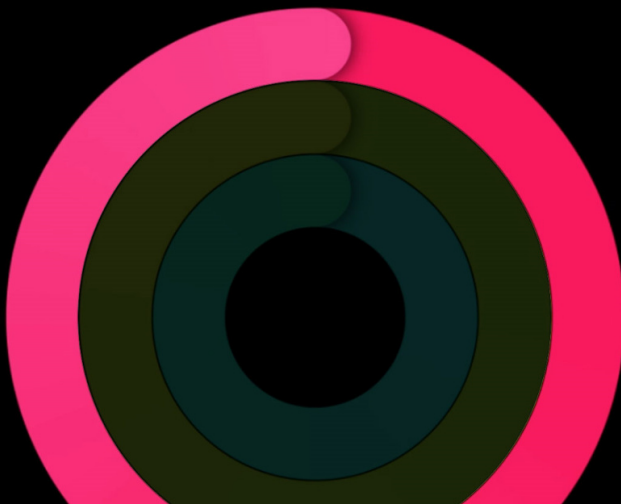
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**Three rings: Move, Exercise, Stand. One goal: Close them every day. It's such a simple and fun way to live a healthier day that you'll want to do it all the time. That's the idea behind the Activity app on Apple Watch.**

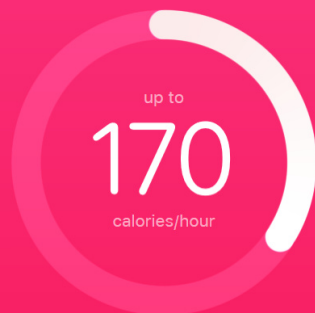


# Close your **Move** ring by hitting your personal goal of active calories burned.

Apple Watch tracks the active calories you burn. Active calories are the ones you burn through all kinds of movement, from taking the stairs at work to playing with the kids to cleaning out the garage. Being active throughout the day is an important part of living a healthy life.

## Everything counts.

Walking the dog

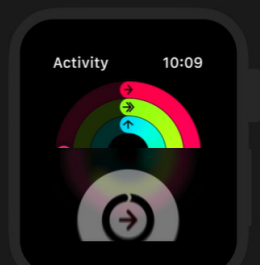


**There are all sorts of ways to burn active calories.**



## Put your rings on your watch face.

Choose one of the Activity watch faces or add Activity as a complication to track your progress at a glance throughout the day.

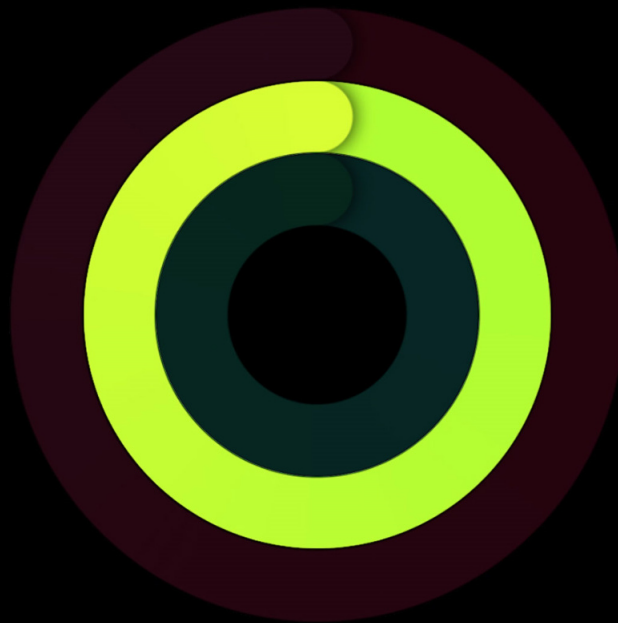


**Each week Apple Watch recommends a new Move goal specifically**

## How to change your daily Move goal.

1. Open the Activity app.
2. Firmly press the display.
3. Tap Change Move Goal.
4. Tap + or - to update your goal.

**tailored to your activity.**  
So it's easy to stay motivated.



Close your **Exercise** ring by completing at least 30 minutes of activity at or above a brisk walk.

The Exercise ring shows how many minutes of brisk activity you've completed, whether you're just moving at a fast pace or doing a specific workout in the Workout app. All at once or a little at a time, you can earn Exercise minutes however it works for you.



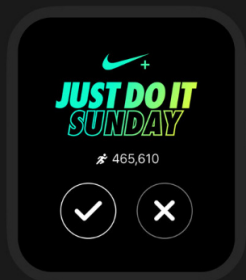
## The ultimate sports watch.

The Workout app on Apple Watch tracks popular workouts like running, swimming, and high-intensity interval training with just a tap.



## Choose the metrics that move you.

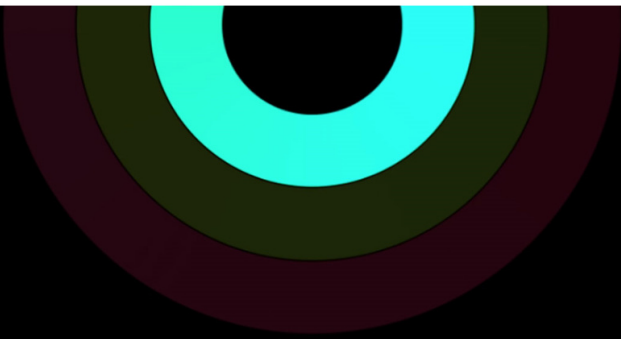
View up to five metrics — like heart rate, calories, and distance — for each workout. You can customize them in the Apple Watch app on your iPhone.



## Stay fit with your favorite apps.

Use the fitness apps you already know and love, and get credit toward completing your Activity rings when you do.

**30 minutes of brisk activity every day** can help minimize the chance of stroke, cardiovascular disease, diabetes, and weight gain. It can also help improve sleep and mood, as well as reduce stress.



# Close your **Stand** ring by getting up and moving around for at least 1 minute during 12 different hours in the day.

Sitting too much can contribute to health problems. That's why Apple Watch tracks your progress toward your Stand goal and motivates you to get up throughout the day. Being less sedentary can lead to lower blood pressure, increased energy, and reduced risk of cardiovascular disease.



## Sit less. You'll go far.

Replace your regular desk at work with a standing desk to reduce the amount of sedentary time in your day. Standing up means you're likely to move around and burn more calories.



## A tap on the wrist. A kick in the butt.

If you've been sitting for a while, Apple Watch gives you a gentle nudge to get up. Make sure Stand Reminders are turned on in the Apple Watch app on your iPhone.



## Don't just stand there.

While you're up, move around a bit. Get some water. Stretch. Visit a coworker. It may sound like a small thing, but regular movement can help keep your energy up and lead to greater productivity.

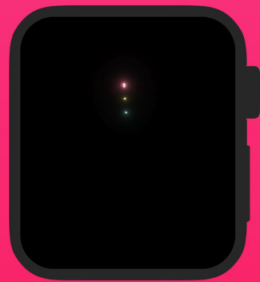
Prolonged sitting can contribute to development of type 2 diabetes. Being more active can help control glucose levels and other risk factors.



# Get the motivation you need

# to close your rings every day.

Apple Watch doesn't just show you how you're doing, it gives you personalized suggestions and encouragement to close your rings.



## Monthly Challenges

Because Apple Watch is tailored to you, it gives you realistic, achievable monthly goals based on your past activity — then coaches you throughout the month to achieve them.



## Achievements

When you close your rings, Apple Watch helps you celebrate with colorful animations. And as you reach your personal bests or hit milestones, you'll receive special awards that fill your digital trophy case and show how far you've come.



## History

To view detailed summaries of your rings, workouts, and achievements, check out the Activity app on iPhone. It's a great way to see your progress and trends over time.



## Sharing

Stay connected by sharing your Activity rings with friends and family. Get notifications on their progress and spur them on with words of encouragement or friendly competition.

# See how Apple Watch owners are closing their rings.

[Watch now >](#)



## Roll on.

We've optimized the Activity rings specifically for wheelchair users. The Stand ring becomes the Roll ring. And during the day, Apple Watch counts pushes and identifies different stroke types to award the right amount of Move and Exercise credit. There are also two wheelchair-specific workouts in the Workout app.

[Learn more about accessibility features on Apple Watch >](#)

Some features may not be available for all countries or all areas. [Click here](#) to see complete list.

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