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Heart Rate - Monitor Your Heart Health

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Your heart works 24/7 — now your watch does too. The Reebok Icon continuously tracks your heart rate throughout the day, giving you real-time insights and daily trends to better understand your body.

Continuous Monitoring

- **Automatic Tracking:** Your Reebok Icon monitors your heart rate automatically — while moving, resting, or sleeping. No manual start or stop required.
- **Benefits:**
 - Observe your **resting heart rate**
 - Monitor how your heart responds throughout the day
 - Spot **changes or fluctuations** over time

Heart Rate Widget

Open the Heart Rate widget on your watch to see:

1. **Current Rate:** Live heart rate in beats per minute (BPM), updated in real time.
2. **Graph:** Visual chart of how your heart rate varies throughout the day.
3. **High/Low Readings:** The highest and lowest heart rate recorded that day.

Tip: For the most accurate results, wear your watch snugly and clean the sensors regularly.

Syncing with the App

- All heart rate data automatically syncs to the Reebok Connect app.
- Track **long-term trends** and integrate heart rate data with other wellness stats like **activity** and **sleep**.