Understanding Activity Tracking Across Different Abilities

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Physical activity looks different for everyone. Whether you walk, run, cycle, exercise while seated, use a mobility aid, or enjoy other forms of movement, your activity is personal.

Your Reebok wearable can help you keep track of certain fitness measurements. However, the way these measurements are calculated means that not every type of movement will necessarily be recognized or recorded in the same way.

How Activity Tracking Works

Depending on your watch model, activity tracking may use a combination of motion sensors, optical sensors, and software algorithms to estimate measurements such as:

- Steps.
- Distance.
- Calories burned.
- Activity duration.
- Heart rate.
- Stress.
- Other supported fitness measurements.

These measurements are estimates and may vary depending on your movements, device position, and individual circumstances.

Why Some Activities May Not Be Fully Recorded

Not all movement patterns are recognized equally by smartwatch sensors.

For example:

- **Seated activities:** Movements performed while seated may not contribute to step counts in the same way as walking.
- **Mobility aids:** Movement involving wheelchairs, walkers, or other mobility aids may not be fully recognized by conventional step-counting algorithms.
- **Different movement patterns:** Activities involving limited arm movement or repetitive movements may produce different results.
- **Non-standard workouts:** Some activities may not be automatically identified or categorized by the

watch.

This does not mean that the activity is less valuable. It simply reflects the limitations of the device's tracking methods.

Making Activity Tracking More Meaningful

A few suggestions may help you get more value from your watch:

- **Focus on your own progress.** Use your measurements as a personal reference rather than comparing them with other people's results.
- **Explore available workout modes.** Check whether your model offers an activity mode that better matches the activities you enjoy.
- **Understand your measurements.** Remember that steps, calories, and other metrics are estimates rather than exact measurements.
- **Choose goals that suit you.** Your activity goals should reflect your own abilities, preferences, and circumstances.
- **Use the information as a guide.** Look at your overall patterns rather than relying on a single measurement.

Understanding the Limitations

Reebok wearables are designed for general fitness and everyday wellness. They are not specialized adaptive fitness trackers and may not accurately measure every form of physical activity.

Activity measurements should not be used as a substitute for medical assessments, rehabilitation monitoring, or professional health advice.

If you follow a prescribed exercise or rehabilitation plan, consult your healthcare professional about which measurements are appropriate for your needs.

We're Here to Help!

If you have questions about activity tracking, available workout modes, or the measurements shown on your watch, our support team is happy to help.

Reach out to us through any of the following channels:

- **Email:** support.reebok@vitalist.ca
- **Support Page:** https://support.connect.reebok.com/en-US/new-ticket

Tell us which watch model you use and which activities you would like to track so we can help you understand the available features.

Every movement counts, and your Reebok wearable should help you explore your own activity in a way that works for you!