Using Your Reebok Wearable with Limited Mobility

Inas B. - 2026-10-31 - Accessibility

Movement looks different for everyone. Whether you use a mobility aid, have limited mobility, or adapt your daily activities for personal or physical reasons, your approach to fitness and everyday activity is your own.

Your Reebok wearable can help you explore supported fitness features and keep track of certain activity measurements. However, not every activity or movement pattern is necessarily reflected accurately in the data.

Understanding Activity Tracking

Depending on your model, your Reebok wearable may track measurements such as:

- Steps.
- Activity duration.
- Calories burned.
- Heart rate.
- Stress.
- Oxygen saturation (SpO2).
- Other supported fitness measurements.

It's important to remember that these measurements are based on the device's sensors and algorithms.

Some movements may not be recognized in the same way as conventional walking or running. For example:

- Activities performed while seated may not be reflected accurately in step counts.
- Movement involving mobility aids may not be fully recognized by step-counting algorithms.
- Some activities may not be automatically detected.
- Calorie estimates may vary depending on movement patterns and individual circumstances.

A lower activity count does not necessarily mean you have been less active.

Making Your Watch Work for Your Routine

Here are a few suggestions for getting the most out of your device:

- **Focus on the information that matters to you.** Explore the available measurements and decide which ones are most useful for your routine.

- **Set realistic personal goals.** Use activity information as a general reference rather than comparing your results with someone else's.
- **Explore supported activity modes.** If your model offers different workout modes, check whether any are suitable for the activities you enjoy.
- **Wear your watch comfortably.** Make sure it is positioned securely according to your model's wearing instructions.
- **Use the Reebok Connect app.** Review your available activity information and supported measurements through the app.

Understanding What Your Watch Can and Cannot Do

Reebok wearables are designed for general fitness and everyday wellness.

They are not specifically designed to recognize every type of movement, accurately track all forms of wheelchair activity, or replace specialized adaptive fitness equipment.

Your watch should also not be relied upon for medical monitoring, rehabilitation assessments, or determining whether you are meeting a prescribed activity target.

If you are following a rehabilitation or exercise plan, consult your healthcare professional about which measurements are appropriate for your circumstances.

We're Here to Help!

If you have questions about activity tracking, supported workout modes, or how to use your watch with your everyday routine, 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 Reebok watch model you use and what activities you would like to track so we can help you explore the available features.

Everyone's routine is different, and your wearable should support the way you choose to move!