What Are Standing Hours on My Reebok Kinetic?

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Standing hours are a daily activity metric that helps you keep track of how often you get up and move throughout the day.

Rather than measuring only your total steps or workout time, standing-hour tracking focuses on breaking up long periods of inactivity.

Your Reebok Kinetic includes standing hours as part of its daily activity tracking.

Why Are Standing Hours Useful?

Spending long periods sitting without moving can make it easy to overlook everyday activity. Standing-hour tracking provides another way to monitor your movement habits and encourages you to take regular breaks from sitting.

You can review standing-hour information alongside other daily activity metrics, where available.

Standing hours are intended as a general activity reference, not a medical measurement.