

Garmin Vivoactive 4 (GM-010- 02174-09) 45mm Smartwatch - Grey/Silver



GPS Smartwatch Built for the Active Lifestyle Keep an eye on your health 24/7 with the broadest available range of all-day health monitoring features Easily download music to your watch for phone-free listening Record all the ways to move with more than 20 preloaded GPS and indoor sports apps Get easy-to-follow, animated workouts right on your watch screen Battery life: up to 5 days in smartwatch mode; up to 6 hours in GPS and music mode

Key Features

Track It All: When we say broadest available range of all-day health monitoring features, we mean it. **Body Battery Energy Monitoring:** See your body's energy levels throughout the day, so you can find the best times for activity and rest. **Respiration Tracking:** See how you're breathing throughout the day, during sleep and during breathwork and yoga activities. **Pulse Ox Sensor¹:** The Pulse Ox sensor¹ gauges your blood oxygen saturation during the day and as you sleep to show how well your body is absorbing oxygen. **Advanced Sleep Monitoring:** Get a full picture of how you're sleeping with a breakdown of your light, deep and REM sleep stages as well as Pulse Ox 1 and respiration data. **Menstrual Cycle Tracking:** The Garmin Connect app lets you track your cycle, log physical and emotional symptoms and learn about training and

nutrition during each phase of your cycle. Get cycle tracking information right on your wrist. You'll be able to see period reminders, cycle details and symptoms logged for the day. Stress Tracking: See if you're having a calm, balanced or stressful day. Relax reminders will even prompt you to do a short breathing activity. Hydration Tracking: Staying hydrated is important for your well-being. Log your daily water intake to help you stay hydrated and see how consistent you are from day to day. Wrist-based Heart Rate²: The watch constantly samples your heart rate and will alert you if it stays high while you're at rest. It also helps gauge how hard you work during activities. Made for Daily Wear From interchangeable bands to durable Corning® Gorilla® Glass 3, this smartwatch was made to be worn 24/7. Keep it on when you hit the water, since it is water-rated to 5 ATM . The always-on, sunlight-readable Garmin Chroma Display technology makes it easy to see in any lighting. Animated Workouts at Your Wrist No more hunting down videos or trainers for workout demonstrations. This watch features easy-to-follow, animated cardio, strength, yoga and Pilates workouts you can view on the watch screen. Choose from preloaded animated workouts, or download more from Garmin Connect online community. All the Activities You Love With more than 20 preloaded GPS and indoor sports apps — including walking, running, cycling, pool swimming, golf and more — this watch can help you track all the ways you move. You can even create custom workouts in the Garmin Connect app. Take a Breath This watch offers a variety of structured breathwork activities. When you want to relax or focus, you can start a breathing activity, and this watch will track your stress and respiration to help you get a better understanding of how you're breathing. Smart Notifications Receive emails, texts and alerts right on your watch when paired with a compatible smartphone . You can even respond to texts if you have an Android phone. Music Easily download songs to your watch, including playlists from your Spotify, Deezer or Amazon Music account (subscription may be required). Connect with wireless headphones (sold separately) for phone-free listening. Safety and Tracking Features While your watch and phone are paired, your location can be sent to your contacts either manually or — during outdoor activities — automatically with built-in incident detection 3 , if needed. Connect IQ Store Add personality to

your watch by downloading apps, widgets, watch faces and more . It's easy and — even better — it's free.
Garmin Coach Get a personal running coach on your wrist, for free, to help you train for your next 5K, 10K or half-marathon . 1 This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see Garmin.com.myataccuracy .
Pulse Ox not available in all countries. 2 Activity tracking accuracy 3 When paired with a compatible smartphone . See safety and tracking features requirements and limitations *Images are for illustrative purposes only.

Features

General

Brand	Garmin
Model	GM-010-02174-09
Product Type	Smartwatches

Dimensions

Weight (kg)	0.505
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