

Garmin Vivomove HR Smartwatch Regular Sport Band - Black/Sandstone



Fashionably fit is just a tap away with vivomove HR. This stylish hybrid smartwatch features a touchscreen with a hidden display. Real watch hands show the time and dynamically move away when you swipe through your messages, heart rate² and more. It counts your steps and calories while monitoring wellness, including all-day stress tracking² and advanced sleep monitoring.

Key Features Stay connected with smart features¹ such as music controls and smart notifications for incoming calls, text messages, calendar reminders and more 24/7 heart rate² monitoring with Elevate™ wrist heart rate technology Wellness monitoring tools, such as all-day stress tracking and a relaxation timer, help you manage stress; includes advanced sleep monitoring with REM sleep Displays steps, calories, distance, heart rate, intensity minutes² and VO2 max Effortlessly change your look with industry standard 20 mm quick release accessory band Battery life: up to 5 days in smart mode; up to 2 additional weeks in watch mode (hands tell time only) Hybrid Smartwatch You get the best of both worlds when physical, ticking watch hands meet a touchscreen and a hidden display. The smart display only appears when you quickly turn your wrist to glance at your watch. The watch hands even dynamically move out of the way when you interact with the touchscreen then move back to the correct time when you are done. Fashion Meets Heart You don't

have to compromise fashion for function since this sophisticated watch monitors your heart rate from your wrist. In addition to counting steps and monitoring sleep, vívomove HR uses heart rate to provide calories burned information and quantify the intensity² of your fitness activities. Smart and Sophisticated Never miss a text or notification, thanks to smart notifications¹ that appear on your digital display. Your fitness and wellness tracking data will be automatically uploaded to our free Garmin Connect™ online community. Even control your music from the watch. Stress Tracking You most likely experience stress at some point in your day, but how much? The vívomove HR smartwatch lets you know when you are having a calm, balanced or stressful day and everything in between — thanks to all-day stress tracking. If your stress level gets elevated during your day, you'll know it's time to take a break and maybe fend off a headache or other physical symptoms. Use the relaxation timer to work through a deep breathing exercise, and lower your stress. Advanced Sleep Monitoring Sleep can improve your health, your mood and your overall well-being. vívomove HR features advanced sleep monitoring to help you measure how much sleep you're getting and how much time you spend in each stage of sleep². The watch pulls data from your heart rate and heart rate variability to measure how much time you spend in each sleep stage — light, deep and REM. You can review the data later in Garmin Connect. Fitness Monitoring vívomove HR is truly made to look good and help you feel good. This watch features fitness monitoring tools that give you a better idea of your current fitness levels. Thanks to the wrist heart rate monitor, you can get a VO2 max estimate. It can also gauge your fitness age, so with hard work and regular exercise over time — you can work toward a lower number. Move IQ Feature No need to start and stop your activity timer each time you begin a walking or running activity. The vívomove HR smartwatch automatically starts these activities and then lets you review your daily activities on Garmin Connect. Share and Compete Syncing your activities to Garmin Connect is for more than just storing your data. Garmin Connect is a thriving online community where people on the go can connect and compete by joining challenges, encourage each other's successes and even share their triumphs via social media. Garmin Connect is free and available on the web or on your

smartphone with the Garmin Connect™ Mobile app.
*Images are for illustrative purposes only.

Features

General

Brand	Garmin
Colour	Black / Sandstone
Model	010-01850-9E
Product Type	Smartwatches

Connectivity

Estimated Battery Life (hr)	Smartwatch mode: up to 5 days; Watch mode: up to 2 weeks
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Dimensions

Weight (kg)	0.04
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