# Vívoactive HR

#### **Activity Tracking**

Step count, calories, distance, sleep, floors climbed, intensity minutes, wrist based HR 24/7, auto step-goal

#### **Move Bar**

Displays a red move bar after one hour of inactivity and grows across the screen each 15 minutes of inactivity.

Color Touchscreen Display - Ultra-thin, high-resolution and sunlight readable

Smart Notifications - Gently vibrates and displays alerts for incoming calls, texts, emails, calendar, etc.

**Built-in GPS + GLONASS + EPO** (For faster satellite acquisition)

Running - Track pace, time, cadence, distance, and heart rate.\* Includes Auto Pause, Auto Lap, and more.

Cycling - Measure time, distance and speed, cadence\*, and heart rate\*

Swimming - Track distance, pace, stroke count/rate, and SWOLF score

Standup Paddleboarding App (SUP) - stroke rate, stroke count, distance per stroke, stroke rate alerts

**Row App** - 500m pace, stroke rate, stroke count, distance per stroke, stroke rate alerts

**Row Indoor App** - stroke rate, stroke count, stroke rate alerts

Ski/Snowboard/XC ski - speed, distance, run count, elevation change

## **Golfing**

Supports over 40,000 courses worldwide, supports individual scorecards, displays front/middle/back of green,

Layup, and dogleg distance, and measures shot distance

#### **Connect IQ**

Free downloads of watch faces, widgets, data fields and apps from our Connect IQ store

Garmin Connect<sup>™</sup> support to save, plan and share your progress and join online challenges

Auto Sync automatically syncs with your smartphone throughout the day

## **Battery Life**

Up to 8 days in watch/smart alert/activity tracking mode

Up to 13 hours using GPS



