```python
from flask import Flask, request, jsonify
from flask_cors import CORS


app = Flask(__name__)
CORS(app)  # Enable cross-origin requests


# API Key for authentication
API_KEY = "YourSecureAPIKey"


# Sample Health Data Storage (for testing)
health_data = []


# Health check endpoint
@app.route("/", methods=["GET"])
def home():
    return jsonify({"message": "Apple Health API is running", "status": "healthy"})


# Get Health Data (Requires API Key)
@app.route("/health-data", methods=["GET"])
def get_health_data():
    if request.headers.get("X-API-Key") != API_KEY:
        return jsonify({"error": "Unauthorized"}), 401
    return jsonify(health_data)


# Post Health Data (Requires API Key)
@app.route("/health-data", methods=["POST"])
```

```python
def post_health_data():

    if request.headers.get("X-API-Key") != API_KEY:

        return jsonify({"error": "Unauthorized"}), 401


    data = request.json

    health_data.append(data)  # Store health data (for testing)

    return jsonify({"message": "Data received", "data": data})


# Run the app

if __name__ == "__main__":

    app.run(host="0.0.0.0", port=8000, debug=True)
```