

Take activities on the go with vivosport, the latest GPS-enabled smart activity tracker from Garmin®

SYDNEY, Australia - 1 September 2017 - Garmin Australia, today announced the [vivosport™](#), the smart activity tracker¹ with Elevate™ 24/7 wrist-based heart rate and GPS to accurately track every walk, run and ride. With an always-on Garmin Chroma™ color touchscreen display and new built-in sports apps for everything from strength training to cycling and cardio, the vivosport is optimised for both indoor and outdoor workouts. Smart notifications keep users connected as they jump from one activity to the next, and fitness and wellness monitoring tools provide valuable information like fitness age and stress level. Safe for swimming and showering² and featuring a battery life³ of up to 7 days in smartwatch mode and 8 hours in GPS mode, this ultra-slim tracker is built for life on the go. The vivosport is one of the many new wearables from Garmin being launched in conjunction with IFA in Berlin, Germany, September 1-6.

“We realise that many customers prefer to work out with a slim fitness band but don’t want to compromise on the fitness and connectivity features typically found on smartwatches,” said Adam Howarth, General Manager Garmin Australasia. “With vivosport, you get the best of a smart activity tracker and a sports watch in an ultra-slim, ultra-sleek design.”

The vivosport features helpful fitness monitoring tools including VO2 max and fitness age which provide users with valuable data to monitor changes in their fitness level. Increased activity – like walking the dog or training for a 10K – will improve these numbers over time. The vivosport also includes all-day stress tracking by measuring users’ HRV (heart rate variability). The ability to view both current stress levels at the wrist and a longer timetable of stress on Garmin Connect™ allows customers to identify patterns and consider making lifestyle changes to avoid or better cope with stress-inducing situations. A Four-Fold Breath relaxation timer further helps users balance stress and rest.

With built-in sports apps for walking, running, biking, cardio and strength training, the vivosport is the perfect accessory for running the neighbourhood, conquering a high-intensity interval training (HIIT) class or counting reps and sets in the gym. And thanks to Garmin Move IQ™, the vivosport automatically classifies multiple activities, making it even easier for users to get credit for their workouts.

Give loved ones peace of mind during outdoor workouts with LiveTrack⁴, a feature that tracks activity and location in real time. Designated individuals will receive invitations via email, Facebook or Twitter with a link to a webpage that includes the position of the connected vivosport device. The vivosport is the only fitness band to include this LiveTrack feature.

Stay connected on the move with vibration alerts for emails, texts, calls, calendar reminders, app alerts, social media updates and more from a compatible smartphone⁴. Users will also benefit from the ability to control music on their smartphone from the vivosport, send an alert to locate a misplaced smartphone, and control a Garmin VIRB® camera (sold separately).

Throughout the day, the vivosport automatically syncs with the Garmin Connect mobile app to save stats for easy access later. In Garmin Connect, a free online community, users can see their workouts, strength training activities, stress levels and sleep patterns displayed on detailed graphs. View outdoor workouts on detailed maps, compete in weekly challenges and connect with other fitness enthusiasts, right from a compatible smartphone or desktop computer.

The ultimate companion for both indoor and outdoor activities, the vivosport features a sunlight-readable always-on, Garmin Chroma color touchscreen display and ultra-slim, sporty band available in black/slate (small/medium and large), black/fuchsia (small/medium only) and black/limelight (large only). The vivosport has a recommended retail price of AU\$299. To see what the vivosport has to offer, check out this feature benefit [video](#). For more information, visit [Garmin.com/vivo](#).

The ever-expanding Garmin fitness segment develops technologies to enhance and promote healthy and active lifestyles. Whether users are runners, cyclists, swimmers, multi-sport athletes, or simply looking to

stay active throughout the day, there is a Garmin product that can help them reach their health and fitness goals.

For decades, Garmin has pioneered new GPS navigation and wireless devices and applications that are designed for people who live an active lifestyle. Garmin serves five primary business units, including automotive, aviation, fitness, marine, and outdoor recreation. For more information, visit <http://www.garmin.com.au>, and [facebook.com/garminAU/](https://www.facebook.com/garminAU/).

¹ See Garmin.com/ataccuracy

² See Garmin.com/waterrating

³ Under typical use; battery life may vary depending on selected performance mode and usage

⁴ When paired with a compatible smartphone; see Garmin.com/ble

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About Garmin

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