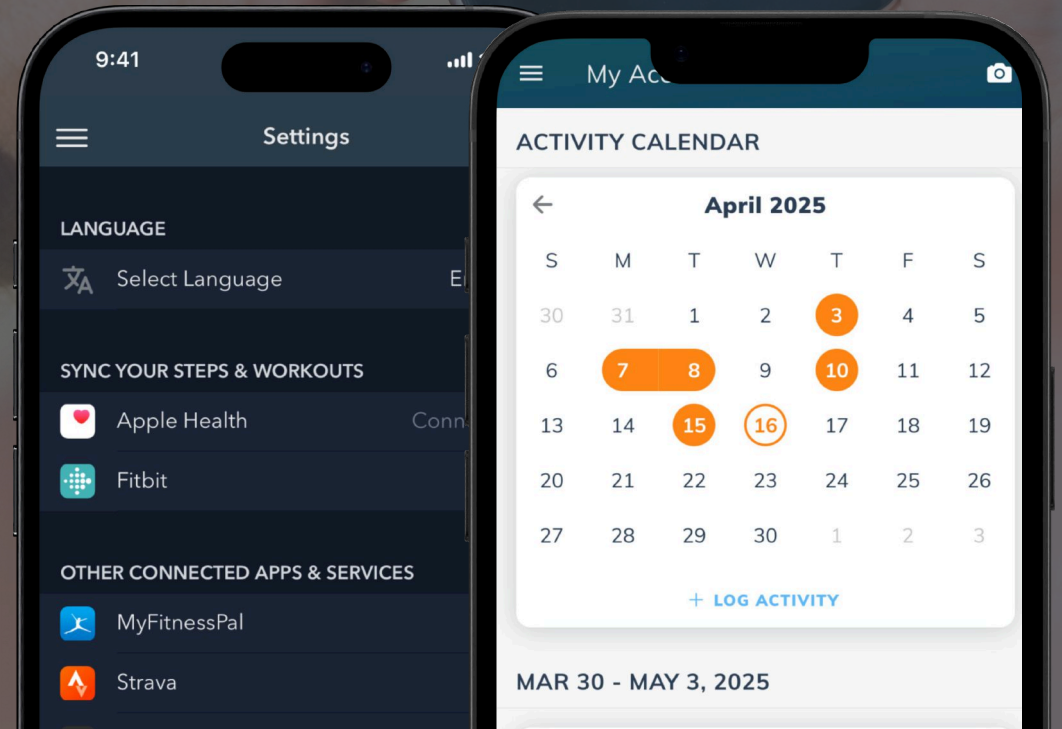
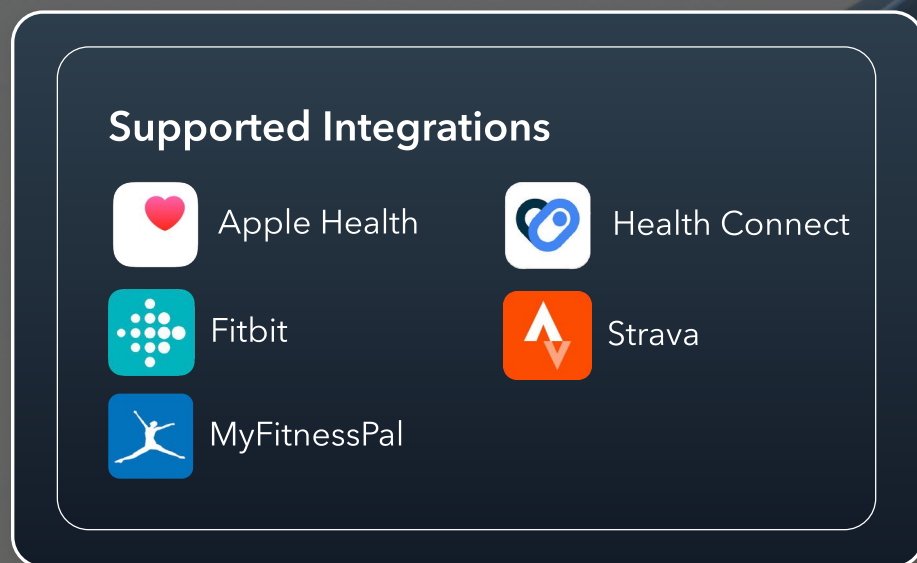
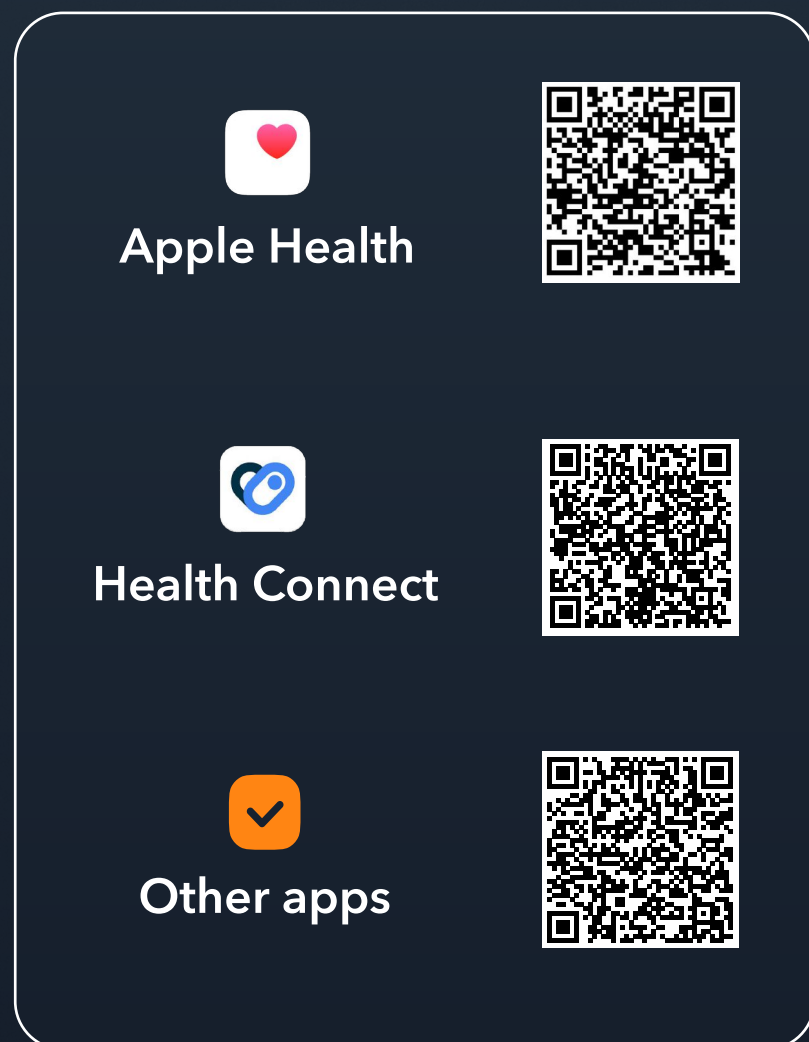


# Seamless Sync: Integrate Sworkit with Your Favorite Fitness Apps

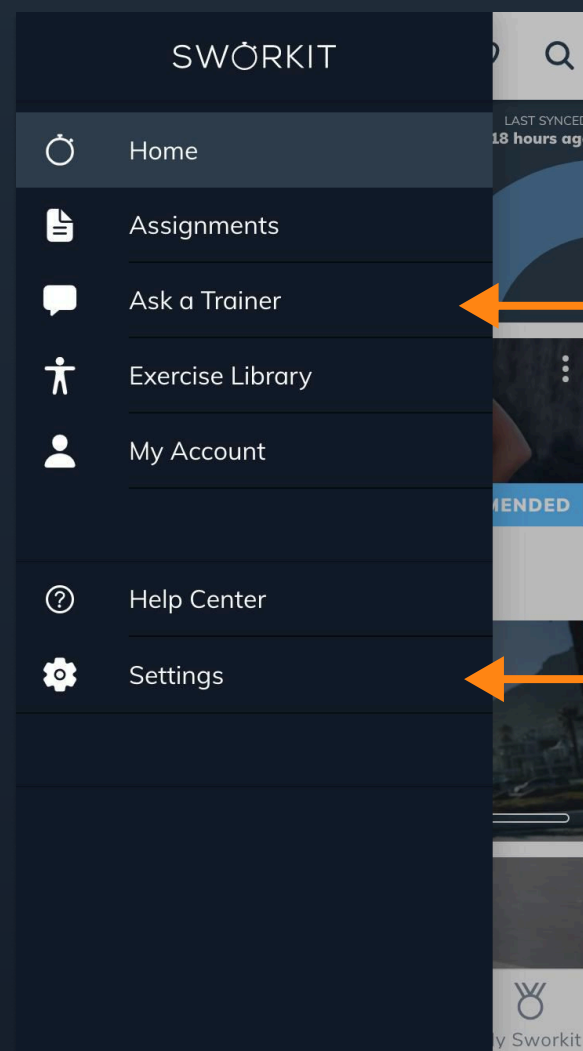
Connecting Sworkit with Apple Health, Health Connect, Fitbit, and other popular apps lets you automatically track steps and activities in one place. Sync your workouts and daily movement for a complete view of your progress within your Sworkit fitness log.



## Scan to Sync



## Getting Support



If you have questions about where you should start, how to reach your goals, or need help finding your motivation, speak with our certified trainers and coaches using **Ask a Trainer**.

If you have any technical issues or need help signing up, open the side menu and **Contact Support** from the **Help Center**.

You can also email our team directly at [support@sworkit.com](mailto:support@sworkit.com)