**MEDIA CONTACT:**

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**Take activities on the go with vívosport,**

**the latest GPS-enabled smart activity tracker from Garmin®**

Garmin, today announced the [vívosportTM](https://buy.garmin.com/en-US/US/p/574602), the smart activity tracker1 with ElevateTM 24/7 wrist-based heart rate and GPS to accurately track every walk, run and ride. With an always-on Garmin ChromaTM color touchscreen display and new built-in sports apps for everything from strength training to cycling and cardio, the vívosport is optimized 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 vívosport is one of the many new wearables from Garmin being launched in conjunction with IFA in Berlin, Germany, September 1-6.

“We realize 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 Andrew Silver, Garmin EMEA Product Manager. “With vívosport, you get the best of a smart activity tracker and a sports watch in an ultra-slim, ultra-sleek design.”

The vívosport 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 5K – will improve these numbers over time. The vívosport 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 ConnectTM 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 vívosport is the perfect accessory for running the neighborhood, conquering a high-intensity interval training (HIIT) class or counting reps and sets in the gym. And thanks to Garmin Move IQTM, the vívosport automatically classifies multiple activities, and with auto-start will automatically start and stop timed runs and walks.

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 vívosport device. The vívosport 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 vívosport, send an alert to locate a misplaced smartphone, and control a Garmin VIRB® camera (sold separately).

Throughout the day, the vívosport 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 vívosport 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 vívosport has a suggested retail price of €199.99 and is available from Q4 2017. For more information, visit [Garmin.com/vivo](http://explore.garmin.com/en-US/vivo-fitness/).

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