Google Unveils Google Fit

Google recently launched its health-push with a new Android app that tracks activity, calories and steps and can be connected to Android smartwatches and other apps. This is the latest gadget to be introduced by Google in the health and fitness segment.

The Google Fit Android app counts steps and can be plugged into wearables and other fitness devices. The app is completely free and helps users to track their health and fitness data by using their smartphone's built-in sensors.

Similar to competing apps from Samsung and Apple, the Google Fit app can also connect to third-party apps, gadgets and services. It can also be connected to fitness devices and apps like Strava, Withings, Runtastic, Runkeeper and Noom Coach.

A major advantage of Google Fit is that it provides users a clear and complete overview of their fitness. There is no need to run multiple apps but instead users can check their weight, their steps, and review their workout data with Google Fit.

The Google Fit app first appeared built into Google's Android Wear smartwatches such as the Motorola Moto 360, LG S Watch and Samsung Gear Live. Google Fit is more than a simple app. It is a central data store for all fitness information. It also runs charts about runs, weight, sports, sleep and other fitness data and users can view all this information in one place.

The new Google Fit was announced by Google in June. This announcement was made soon after Apple's announcement of its Health Kit. Apple launched its health app in September and the app tracks steps similar to Google Fit.

The new batch of apps are expected within weeks and will allow users to connect to Google Fit from Strava, Withings, Runtastic, Runkeeper, Noom Coach and others.

The healthcare industry is a very lucrative market. It accounts for 10 percent of the economy of developed nations. According to the Department of Health Britain, more than £100 billion a year is spent on NHS.

Source: Guardian.com

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