

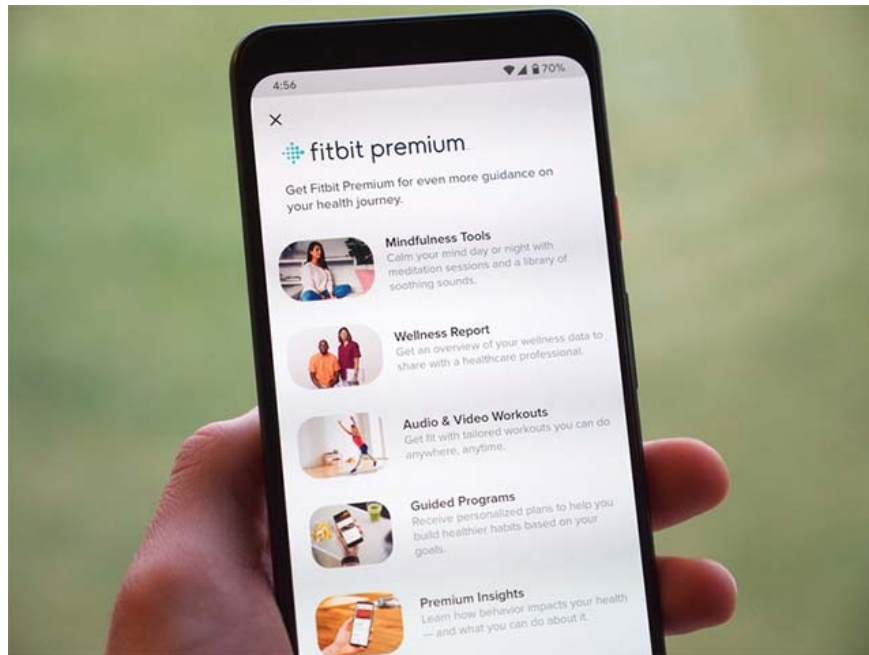
Fitbit free Premium pack for 90 days

Fitbit has decided to give away a 90-day Premium sports fitness support application package to help users maintain their sports habits even if they cannot go to the gym or isolate themselves at home.

The outbreak of COVID-19 caused the gyms, public playgrounds to close, leading to the practice habits of many people being interrupted. In the face of this situation, Fitbit decided to give away a 90-day Premium sports training application package to help users maintain their exercise habits even when they cannot go to the gym. or isolate yourself at home.

Fitbit Premium is basically Fitbit's premium service package, with a subscription fee of about 7.99 - 9.99 USD / month. So, is this package different from the regular free plan? With the Fitbit Premium package, users will be provided with a range of personal health enhancement tips, exercise guides, training and intensive nutrition plans tailored to each individual, all through the app. Use Fitbit.

If you own a Fitbit device and sign up for a Premium plan, you'll get loads of tips on health and personal well-being. For example, an in-depth sleep analysis feature, suggestions to help you stay awake in the morning, a to-do list before going to bed, and even music to relax.



In addition, Fitbit Premium also provides specialized exercise with demonstration videos (more than 150 intensive training tutorial videos), helping users practice the most accurate. Keep track of health details and send ongoing reports so users can measure their health progress over time. In addition, subscribers to the Premium package also receive special advice and monitoring in case of conditions such as high blood pressure, diabetes,

improper sleep habits, excessive salt or sugar consumption. .

To register the service, download the Fitbit app to your phone, log in and switch to the Premium tab.

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