

[Online Fitness Tracking Program Integrates with Garmin Fitness Activity Monitors](#)

SALT LAKE CITY, Utah, Dec. 21 (SEND2PRESS NEWSWIRE) – The Interactive Health Partner (InteractiveHealthPartner.com), developed by PCE Health & Fitness, recently expanded exercise logging and fitness tracking capabilities by integrating with Garmin (NASDAQ GS: GRMN) running and fitness devices. Now users can quickly upload workout data from Garmin Forerunner devices into their personal online health and fitness account. It's as easy as plugging in their Garmin fitness device and clicking a button to upload results to their exercise log! When viewing their fitness tracker users instantly see the exercise results saved by their Garmin activity monitor, including distance, time, calories and heart rate.

Bringing this exciting new feature to organizations that use the IHP to manage their members' health and fitness and to individual users in the LifeSpan Fitness Club makes it easy to track all physical activity in one central online location. Users can upload workout data automatically saved by any IHP certified device including Garmin activity monitors and LifeSpan fitness equipment and health monitors, as well as directly enter exercise results from other fitness activities such as cycling, swimming or group exercise classes. Comprehensive yet easy to use, the IHP online health and fitness management program makes it simple to track exercise and analyze the effectiveness of fitness efforts over time.

Connecting online fitness tracking with users' preferred activity monitors and exercise equipment is core to the IHP strategy. Peter Schenk, President of PCE Health & Fitness, believes "Technology will change how Americans think about exercise, by raising awareness of daily physical activity levels and changing how they manage health and fitness. We are dedicated to being a leader in this behavioral shift, using the power and reach of the internet."

The IHP continues to join forces with the best exercise equipment, activity and health monitors, and exercise programming to improve the health and fitness of its members. Integrating with popular devices such as Garmin is the latest example of utilizing technology to provide easier, faster ways to upload data from a variety of health and fitness devices.

No matter what the goal, from losing 10 pounds to lowering cholesterol or blood pressure, the IHP is a simple and affordable online solution that engages users in their health and fitness so they can be successful in achieving their personal health and fitness goals.

More information: www.InteractiveHealthPartner.com.

News issued by: PCE Health and Fitness



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Original Story ID: (5562) :: 2009-12-1221-003

Original Keywords: The Interactive Health Partner, PCE Health and Fitness, fitness tracker, exercise log, online personal trainer, online fitness tracking, workout data, exercise logging, workout plan, online health program, health management, Utah Business, Garmin Forerunner devices, NASDAQ GS GRMN PCE Health and Fitness