

FITNESS APPS

- **Do** make sure your profile is not set to “public.” Also, limit what information you put on your profile even if it is set to “private.”
- **Do** keep your fitness app activity set to “private” by default so that your routes cannot be tracked online.
- **Do** ensure that family members take similar precautions with their accounts.
- **Do** use a picture of something other than yourself for your profile. Profile photos can be viewable to the public.
- **Don’t** link your fitness app to any of your social media accounts. Doing so allows your routes and the times you exercise to be published to your social media accounts for others to see.
- **Don’t** track exercises that begin at your own home, workplace, or school.
- **Don’t** chose the same route every time you go for a run or walk. It is important to mix it up so that any potential stalker won’t be able to track your whereabouts.

Create Your Profile

When creating an account put only the required personal information. Strava is a fitness tracker as well as a social network, its key feature is that its members can locate the most popular bike and running paths in their areas, follow their friends’ routes, and log group exercises. For these key features to work, an optimal number of members must continuously share location data. If you leave your location data for people to see, you become vulnerable to victimization such as; physical attack, stalking, or theft of your belongings when you are away from your home.

When asked to access location data, although this is a big part of the app, it is strongly recommended not allowing Strava to have access to location data. It is also recommended that you not share your contacts with Strava. Understand this will be asked multiple times.

Create your profile

This will give you a place to store workouts and help your friends find you.

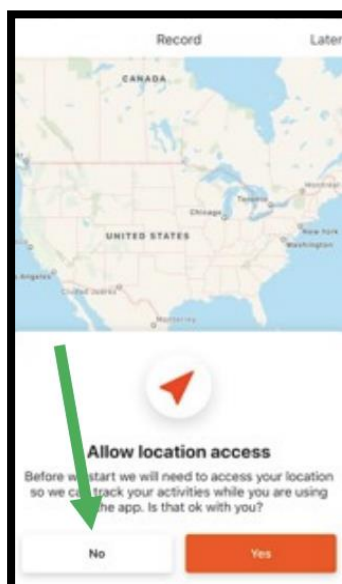
First name
Jane

Last name
Doe

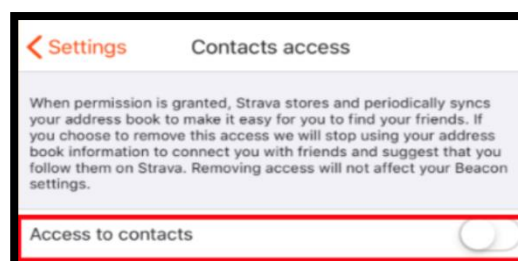
Birthdate ⓘ
Jan 1, 1981

Gender ⓘ
☐ Male
☒ Female
☐ Other

Continue

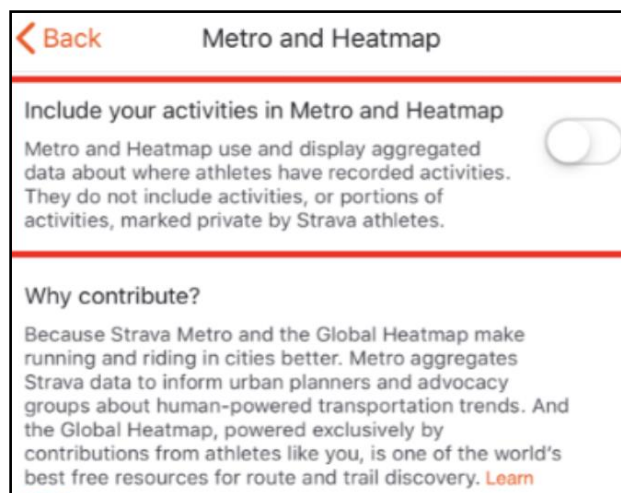
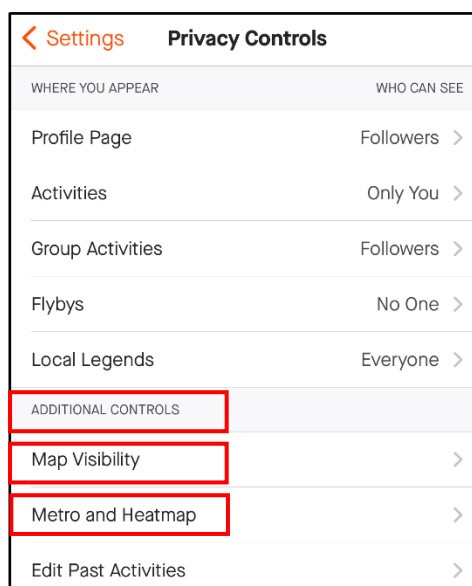
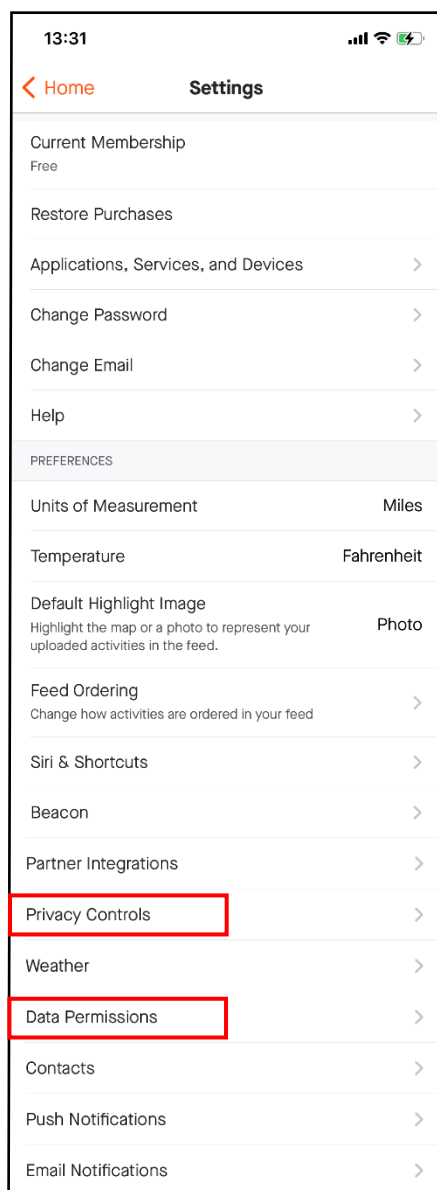


It is recommended that you turn off the function that allows Strava to have access to your “Contacts” - the default for this function is set to “On.” Go back to “Settings,” scroll to the middle of the menu, select “Contacts.” Set the toggle to “Off.”



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At the top of the screen select the “Settings” icon. Scroll to find and select “Privacy Controls.” Here, make sure each block in the “Where You Appear” is locked down to a comfortable level. It is recommended only “Followers” or “Only you” be selected to best protect your privacy. Now, locate the “Map Visibility” tab. It is recommended that you hide your activity maps from others completely. Next, locate and select the “Metro and Heatmap” then be sure to turn this function off. Heading back to the “Settings” tab, locate “Data Permission” where it is recommended Strava is denied access to “Health-Related Data.”

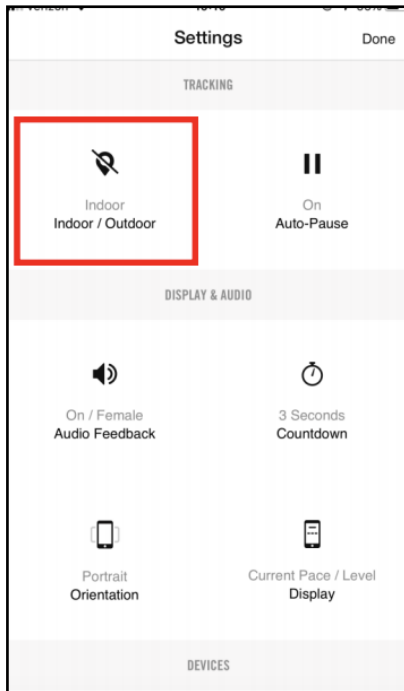


On iPhone: we recommend you scroll to the “Siri & Shortcuts” tab, under “Settings” (see picture, above left) and review the current settings there. Ensure your “Siri” function is off.

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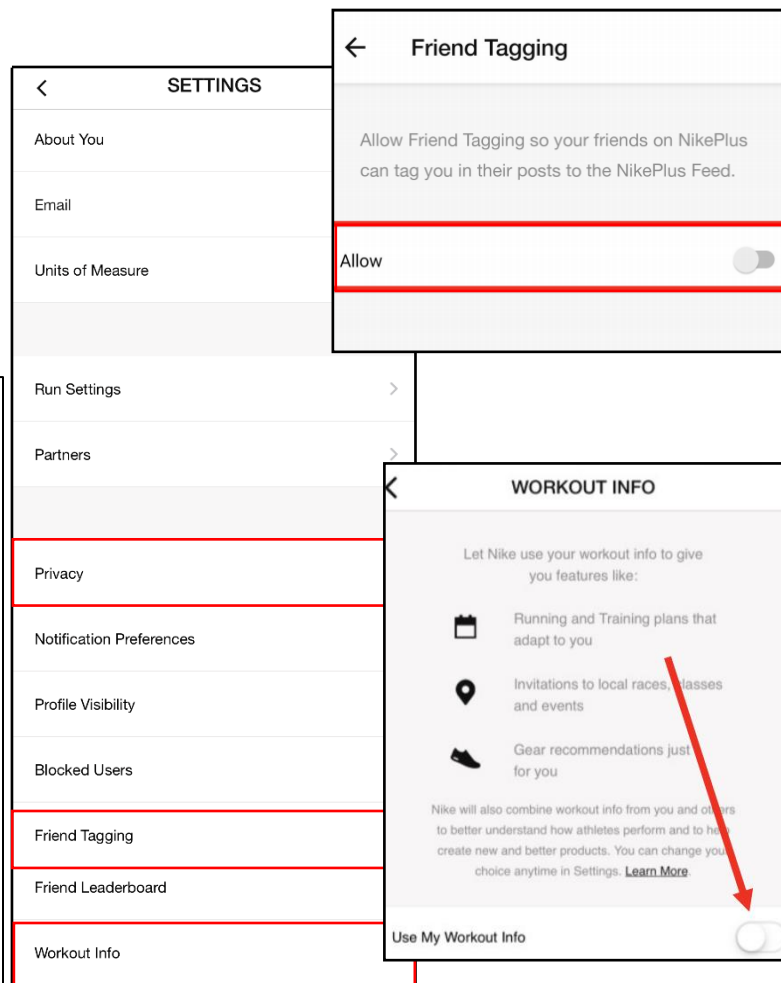
Create a Nike Run Club Account

As you create your Nike Run Club account, provide the minimum amount of personal information possible. It is recommended that you not link any other social media account to your fitness apps. Instead, use an email and password unique to this account. When setting up the account it is not recommended that Location data be accessible to the app, be sure to turn that function “off.”



Different Settings

This app contains two different “Settings” functions; the first is the Account Settings function and the second is the “Run Settings.” First look at the middle of the home screen and select the “Settings” icon to take you to your “Run Settings.” Here select “Indoor/Outdoor” to toggle the function to “Indoor.” These settings can also be found in the Account Settings as well.



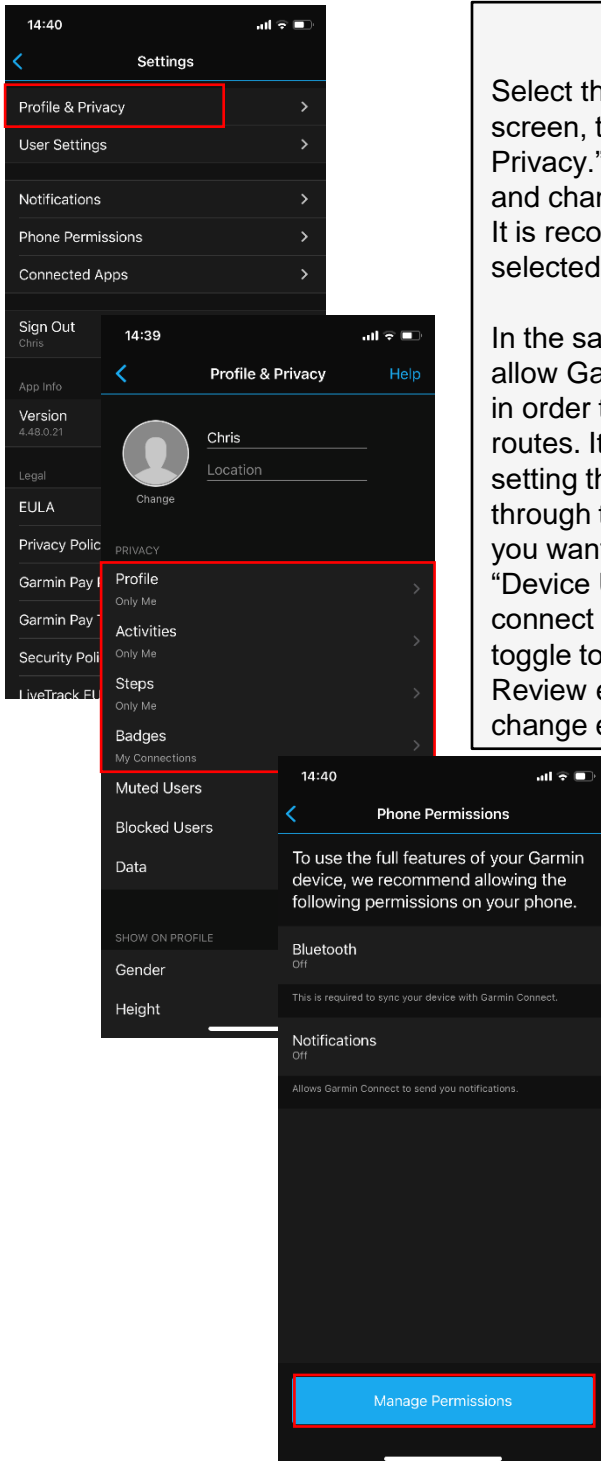
Privacy Settings

Now head back to the home screen and select the menu in the top left of the screen. Now select “Settings” to access the Account Settings. Scroll to find and select “Privacy Setting.” It is recommended that “Only Me” or “Friends” be selected here. Next head down to “Friend Tagging” to turn this feature off. Finally, scroll to and select the “Workout Info” tab, still in the “Privacy Settings.” It is recommended you set the toggle to “Off” in order to secure your data and personal information.

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Creating a Garmin Account

As you create your Garmin account, provide the minimum amount of personal information possible. It is recommended that you not link any other social media account to your fitness apps. Instead, use an email and password unique to this account. When setting up the account it is not recommended that Location data be accessible to the app, be sure to turn that function "off."



Create Your Profile

Select the menu icon from the top left-hand side of the screen, then select "Settings." Locate and select "Profile & Privacy." In the first section, labeled "Privacy," go through and change each setting according to your comfort level. It is recommended "Only Me" or "My Connections" be selected.

In the same section review the "Data" tab. These functions allow Garmin to collect data from your account and device in order to build and reinforce databases that hold popular routes. It is recommended you turn this function off by setting the toggle to "Off." Next, select "Insights" and read through the consent policy provided before you decide if you want to "Agree" or "Do Not Agree." Finally, select "Device Upload" and decide whether you want Garmin to connect your Garmin devices to "Garmin Connect," set the toggle to "On" or "Off" based on your preference here. Review each data collection section under this tab to change each according to your comfort level.

Phone Permissions

Head back to the "Settings" menu and select "Phone Permissions." Review each setting and change according to your comfort level. It is recommended that, where possible, phone permissions be limited with any app.

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Creating a Fitbit Account

As you create your Fitbit account, be sure to provide the minimum amount of personal information possible. It is recommended that you not link any other social media account to your fitness apps. Instead, use an email and password unique to this account. When setting up the account it is not recommended that Location data be accessible to the app, be sure to turn that function "off."

From your "Home" screen select your "Profile Picture" icon in the top left corner. Then select your "Account," noted by your name, and your "Profile Page," select "Personal" and ensure that "Location" is not turned on. The "About Me" section is always set to "Public" so you may want to review what other information is in this section.

Social & Sharing

In the "Account" section, select "Social & Sharing" then select the "Privacy" section. Select the icon to the right of the category for each section. Select the icon and make the change, then select "Save" in the upper right corner of the screen. It is recommended that "Private" or "Friends" be selected here, not "Public."

