## FITNESS APPS

## 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."



## **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.

Here select "Indoor/Outdoor" to toggle the function to "Indoor." These settings can also be found in the Account Settings as well.					
		÷	Friend Tagging		
<	SETTINGS				
About You		Allo	Allow Friend Tagging so your friends on NikePlus can tag you in their posts to the NikePlus Feed.		
Email					
Units of Measure		Allow			
Run Settings			>		
Partners		[	WORKOUT INFO		
Privacy			Let Nike use your workout info to g you features like:	ive	
Notification Preferences			Running and Training plana adapt to you	s that	
Profile Visibility			<ul> <li>Invitations to local races, and events</li> </ul>	asses	
Blocked Users			Gear recommendations just for you	đ	
Friend Tagging			Nike will also combine workout info from you and others to better understand how athletes perform and to hele create new and better products. You can change you choice anytime in Settings. Learn More.		
Friend Leaderboard					
Workout Info			Use My Workout Info	$\bigcirc$	

**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."