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."
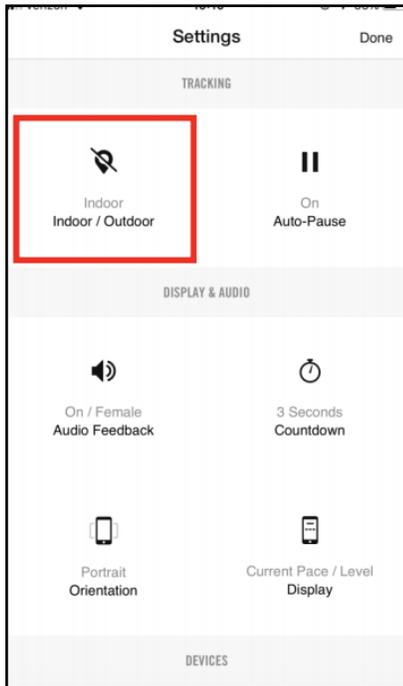
Different Settings

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.
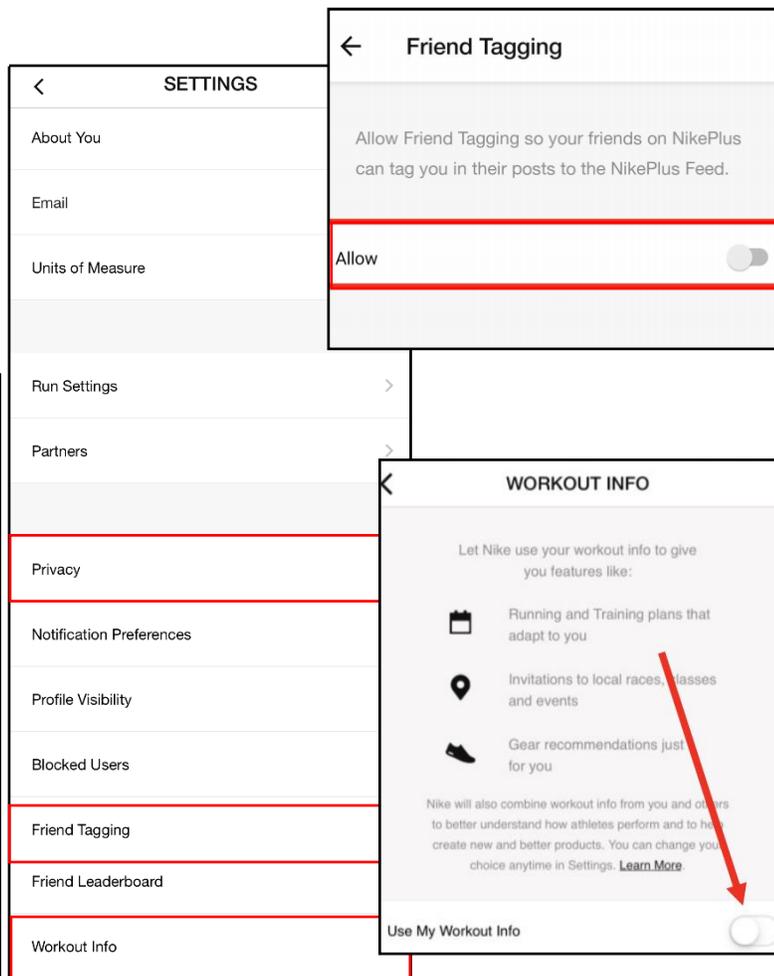
Privacy Settings

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.