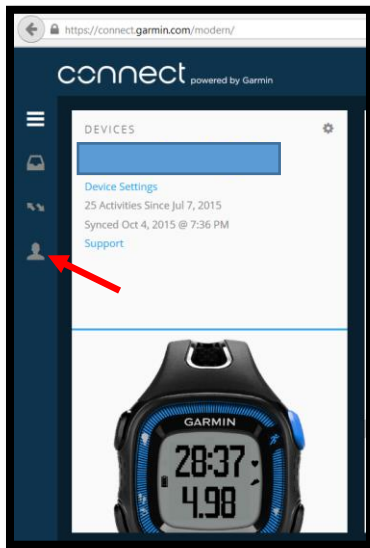
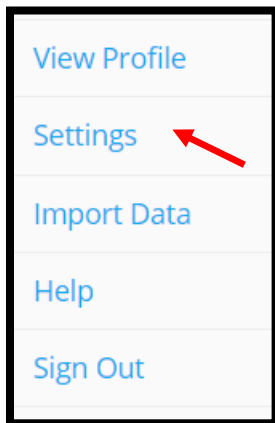


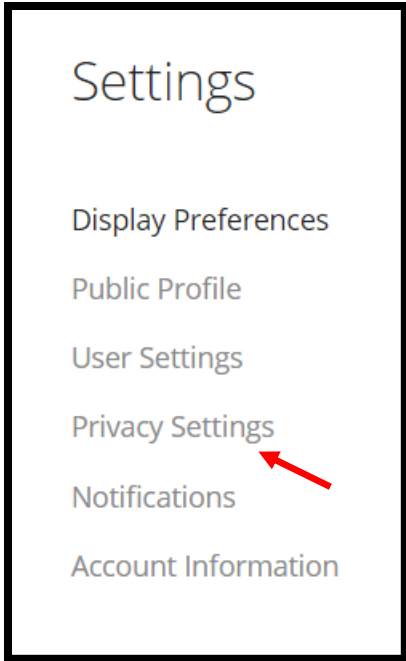
## Garmin



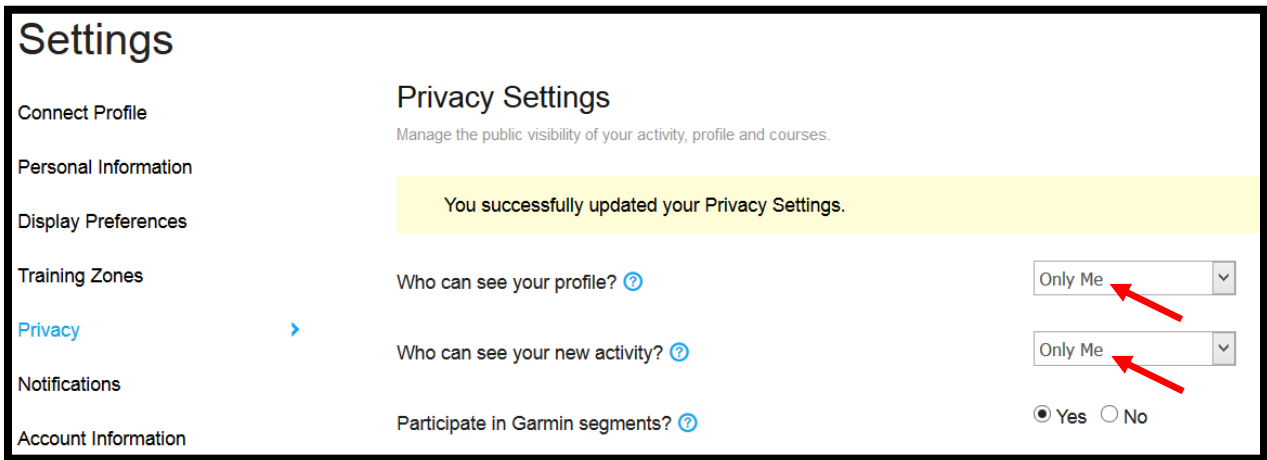
After signing into Garmin Connect, select the person icon on the left side of the screen.



Select "Settings".



On the next screen, select “Privacy Settings”.



It is recommended that you change “Who can see your profile?” and “Who can see your new activity?” to either “Only Me”, “My Connections”, or “My Connections and Groups”. This will prevent strangers from being able to see your running distances, routes, and other personal information.

## Privacy Zones

Your Privacy Zones

[+ Add New Zone](#)

Create a privacy zone around an address, such as your home, to hide your start point on publicly shared activities. It'll also hide your end point if you finish inside the zone. You'll always see your full route, but others will only see the middle of the route.

Garmin also allows you to create privacy zones to protect your start and end points should you be utilizing public settings for your activities, however, it is recommended that you do not share your location.