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Subject: Get the big picture of your health

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Turn on your well-being

 The big picture of your health

Get the **big picture** of your **health**

Of course what you eat impacts your weight. But so does your level of activity and the quality of your sleep. Your general good health depends on a complex equation where weight, activity, sleep and blood pressure constantly interact.

This is why Withings offers a 360° health tracking solution, embedded in a wide and open ecosystem.

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 **Weight****Want to act on your weight?**

Stepping on a smart scale regularly and looking at your progress is a great way to master your body's weight (above all if it gives you body composition). But you can go further! >> [Learn More](#)

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Want to have a strong heart?

When it comes to self-tracking, blood pressure and the resting heart rate are very relevant body data to monitor. What are the options?

>> [Learn More](#)

 **Heart**

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 **Activity & Nutrition****Want to live healthy?**

How many steps do you walk each day? Knowing this will help you realize how active you really are. But why not go all the way and look at your calorie counts?

>> [Learn More](#)

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Want to sleep like a baby?

Even though sleeping roughly represents one third of our life, we often rely on "impressions" to assess its quality. When you know it has an influence on your general health it seems natural to start analyzing it.

>> [Learn More](#)

 **Sleep**

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