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Subject: Spring, the perfect time of year to get started

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 Withings

Monthly newsletter



It's time to be more active than ever!

Spring is the perfect time of year to get back in shape. Activité Pop - now available in Europe and the United States - is designed to give you a boost, like a brightly coloured fitness coach.

Pop up your health



Where are the best places to go running?

From Paris to London to Boston, April is the month of marathons. To make the most of this exciting month of activity, Withings conducted a study to measure which cities have the highest proportion of runners.

[Discover our study](#)

Withings scales become your very own fitness coach

Your morning motivation just got better with our latest update. During your morning weigh in, your Withings scale can now share yesterday's activity report and today's weather.

[Find out what's new](#)

It's activity month on Health Boosters

This month we've conducted several surveys using anonymous data from Withings activity trackers. Check out all these great articles on our Health Boosters blog.



Explore the history of activity tracking through infographic

See how your lifestyle changes depending on your age

Read our study on walking rhythms and stress



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