

# Achieve Your New Year's Resolution With New Group Challenge Feature in Samsung Health



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BY [SAMSUNG GLOBAL](#)

Samsung Electronics announced today a brand-new Group Challenge feature in the Samsung Health app<sup>1</sup> so you can now open a 10-people friendly health competition and see who can move the farthest or the fastest.

While sheltering at home or holiday feasting may have gotten in the way of your fitness goals, getting back on track does not have to feel daunting. Starting January 12th,<sup>2</sup> Galaxy users can simply create a challenge in the 'Together' section of the Samsung Health app to see either who can take the most number of steps in a set amount of time; or who can be the first to reach a certain number of steps. Once a challenge is created, you can then invite up to 9 friends to join, even if they are not existing Samsung Health users.

On average, those who use the Challenge features in the Samsung Health app walk over 22 percent more than the average Samsung Health users. This demonstrates that motivation and competition can be key factors in achieving your health goals, which is why Samsung continues to add new features and capabilities to help you have fun while staying healthy.

Group Challenge is the latest expansion of the Samsung Health Challenge features, which you can access via the Together tab on the bottom of the Samsung Health app. There is Global Challenge, the most popular type of Challenge, which enables you to enter monthly step count competitions against all Samsung Health users around the world. Samsung also introduced 1:1 Challenge, allowing you to invite one of

your close friends or family members to work with you to achieve your step count goals. And now, 1:1 Challenge has evolved into Group Challenge. While you still have the option to create a one-on-one competition, you can now invite anywhere between 1 to 9 of your friends so you can work out and keep each other motivated to achieve your fitness goals, even when you're apart. You can even create multiple Group Challenges so you can simultaneously compete with family, friends and co-workers.

Since its launch in 2012 as a simple fitness tracker, Samsung Health has grown into a comprehensive health, wellness and fitness platform, with a wide variety of features, ranging from virtual exercises and mindfulness videos, to the ability to track sleep patterns, heart rate and blood pressure.

As the capabilities grew, so did the number of Samsung Health users – more than 200 million people around the world used Samsung Health in 2020. And in the past year alone, Samsung Health users burned around 3 billion calories, and took around 78 trillion steps combined – the equivalent of walking from the earth to the sun and back 200 times.

“In our fast-paced world – particularly in these times – achieving a healthy lifestyle isn't always easy,” said TaeJong Jay Yang, Corporate SVP and Head of Health Team, Mobile Communications Business at Samsung Electronics. “That's why we are continuously improving Samsung Health and adding more capabilities to give the users even more ways to stay healthy, wherever, whenever.”

1 Available on Galaxy smartphones and tablets running Android M OS or above, and Galaxy smartwatches and fitness trackers. Availability may vary by market and device.

2 Requires the latest version of the Samsung Health app, which will be released on a rolling basis via the Samsung Galaxy Store and Google Play Store, starting from January 12.

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