

From game days to daily life: The familiar faces teaming up with Google Health

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Autor Lauren Gellman
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Here's a look at how athletes, creators, and wellness experts are using Google Health tools.

We've teamed up with some of the most accomplished athletes, creators, and wellness experts to help shape the new Google Health experience. From an NBA champion and an Olympic heptathlete to a registered dietitian and a YouTube creator, here's a look at how this dynamic group is putting Google Health app, Google Health Coach, and Fitbit wearables to work in their daily lives. Plus, how their feedback makes our health technology more intuitive, personalized, and helpful for everyone.

The game changers

- **Stephen Curry:** As our official Performance Advisor for Google Health, Stephen brings his natural tech curiosity straight to our product teams. Stephen and his trainers work hands-on with our engineers to test coaching built with Gemini with live biometric data, co-design hardware, and turn complex athletic insights into simple tips for daily life.
- **Bryson DeChambeau:** Known for his obsession with biomechanics, Bryson pairs his analytical mindset with our health teams. He inputs his off-course training, rest, and energy burn metrics into Google's algorithms to help fine-tune personalized Google Health Coach insights.
- **JuJu Watkins:** JuJu balances college classes, brand commitments, community foundations, and team ownership with Boston Legacy FC. As she works her way back on the court post injury, JuJu is using Google Health Coach to keep her sleep, nutrition, and recovery steady even with an unpredictable schedule.
- **Chari Hawkins:** For an Olympic heptathlete, precision is everything. Chari uses Google Health Coach to monitor her fitness, recovery, and women's health insights, showing how everyday athletes can use the same data-driven tools to hit their own goals.
- **Sophia Wilson:** Juggling life as a pro soccer player for the Portland Thorns FC and the U.S. women's national soccer team, plus life with a toddler, Sophia relies on Google Health Coach to keep tabs on her nutrition and log her meals as she navigates returning to the pitch.

The culture shapers

- **Alex Cooper:** Through her Unwell network, Alex brings candid conversations to millions every week. Now, she is teaming up with Google Health to show how tools like Google Health Coach can help her community build sustainable daily routines, prioritize recovery, and hit their wellness goals. Alex also works with our teams to weave products like Pixel, Gemini, and Google Cloud into her workflow, making health and tech feel approachable and fun.
- **MrBeast:** MrBeast is adopting Google Health tools as his go-to resources for fitness and recovery. He is weaving the Google Health Coach into his challenges, most recently his Grocery store challenge, and collaborating with our team on an exciting new initiative launching next year.

The daily motivators

- Jess Sims: The Peloton instructor is bringing her "You don't have to, you get to" philosophy to help users build balanced, sustainable routines. With an emphasis on progress over perfection, she shows how Fitbit and Google Health Coach connect the dots across sleep, cycle phases, and recovery to help everyone feel their best.
- Kylie Sakaida: The NYT best-selling cookbook author and registered dietitian uses Google Health app and Google Health Coach to share stress-free nutrition tips, proving wellness tools are built for everyday meals, not just elite training plans.

Whether you are training for a championship or simply trying to get an extra hour of sleep, Google Health is built to help you build habits that fit your life.

<https://blog.google/products-and-platforms/products/google-health/google-health-partnership-athletes-creators>