

Garmin Venu 2 Plus GPS Smartwatch with Call/Text, Health & Fitness Tracking, Silver with Gray Band

QUICK BUYER GUIDE



Fitness enthusiasts and busy professionals need a smartwatch with GPS, call/text, and health tracking



At a Glance Specs



GPS & CALL/TEXT

GPS and call/text via Bluetooth



HEALTH TRACKING

Heart rate, sleep, stress, and fitness age monitoring



WATER RESISTANCE

Water resistant up to 50 meters



AMOLED DISPLAY

Bright AMOLED display with 1.3-inch screen



BATTERY LIFE

Up to 14 days on a single charge



SPORTS APPS

25+ sports modes including running, cycling, swimming



DIMENSIONS

1.6 x 0.48 x 1.6 inches size



WEIGHT

1.3 ounces lightweight design

✓ Who It Is For

- ✓ Fitness enthusiasts tracking workouts
- ✓ Busy professionals needing call/text
- ✓ Users monitoring heart rate and sleep
- ✓ Outdoor athletes with GPS needs
- ✓ Water-resistant activity seekers
- ✓ Lightweight watch preference
- ✓ Smart home control via voice assistant

✗ Who It Is Not For

- ✗ Medical device users requiring accuracy
- ✗ Users without Bluetooth connectivity
- ✗ Those prioritizing extended battery life
- ✗ Individuals needing multiple band options
- ✗ Users preferring larger screen sizes
- ✗ Without compatible smartphone
- ✗ Military-grade water resistance needed



Trade Offs to Consider

- Limited medical accuracy (estimates only)
- Requires smartphone for full functionality
- No military-grade water resistance
- Battery life not extended beyond 14 days
- Fewer band options compared to competitors
- Smaller screen size than some models
- No app-based controls for all features



Users Say

● POSITIVES

- ✓ Seamless call/text integration
 - ✓ Comprehensive health metrics
 - ✓ Durable water resistance
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● COMPLAINTS

- ⚠ Battery drains faster with GPS
- ⚠ Limited band customization
- ⚠ No medical-grade accuracy



How It Compares

- Less medical accuracy than dedicated health trackers
- Fewer band options than competitors
- Smaller screen than some models
- Battery life shorter than premium models
- No military-grade water resistance
- Less app variety than Apple Watch
- Requires smartphone for full features



Choose This If...

- ✓ Needs GPS and call/text on wrist
- ✓ Tracks health metrics like stress and sleep
- ✓ Prefers water-resistant design
- ✓ Wants lightweight smartwatch
- ✓ Uses voice assistant for smart home
- ✓ Requires Bluetooth connectivity

✗ Skip This If...

- ✗ Needs medical-grade health tracking
- ✗ Prefers longer battery life
- ✗ Requires military water resistance
- ✗ Wants more band options
- ✗ Needs larger screen size
- ✗ No smartphone compatibility
- ✗ Desires app-based controls



Learn More



Read our Review

[Garmin Venu 2 Plus Smartwatch Review: GPS, Health Tracking, and Wearable Performance in 2026](#)



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