

Pedometer Apps

Sure, you can purchase a separate pedometer but the challenge is in remembering to take it with you when you leave the house.

However, since most of us rarely leave the house without taking our smartphones with us, why not download one of these great pedometer apps to help you track your daily steps and push you towards reaching your daily movement goals?

Here are some great choices for both Android and iPhone users!

Moves (Android & iPhone)

This app is easy to use, distraction-free and useful. It tracks your activity each day and has a map to show you where you've been. The design is clean and easy to use as well!

Jogalot (iPhone)

Tells you how long you've been walking, the number of steps you have taken, and estimated burned calories.

Runtastic Pedometer (Android)

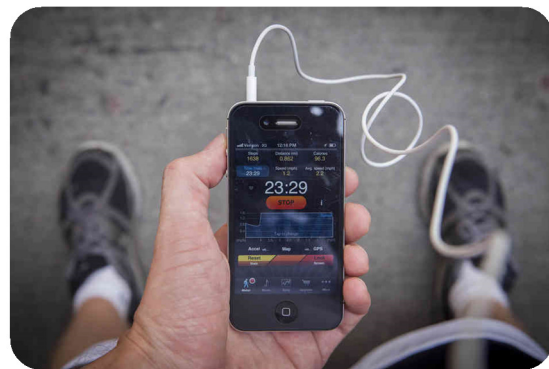
A more in-depth app that shows not only how many steps you have taken but also how frequently you take a step, how fast you're going, and how far you've travelled.

iWalk (iPhone)

Another simple step counter application - also tells you how many calories you are burning during your workout sessions.

Noom Walk (Android)

The interface is sparse and clean and the app claims to use less than 2% of your battery. If you have friends who are using this app as well, you can also use it to encourage each other by giving each other "virtual" high-fives!



Sources: www.cnet.com, www.maketecheasier.com