



Fitting In Exercise – It's Easy with Fitness Apps!

In this day and age, most of us are carrying smartphones.

Sure, they are great for keeping in touch, managing our calendars and browsing the internet but did you know that your phone can also help you to get fit?

Take advantage of the help your phone can offer you and try out these great (and free!) apps for your iPhone or Android phone!

Fitness Apps for iPhones

Charity Miles – A great way to get fit and do good at the same time. By using this app, you are earning corporate sponsorships and for every mile you run or walk, you can earn 25 cents (or 10 cents if you are biking) for a charity that you can choose through the app.

Fleetly – One of the most comprehensive health apps out there, you can use this app for nutrition and tracking as well. However, one of its best features is the “Challenge” feature. Make your own or you can pick from dozens of pre-made challenges the app has to offer. Users earn badges and medals for each challenge they complete.

RunKeeper – Uses the GPS in your phone to map your runs and provide details on speed/distance as you go. Set a goal and the app will coach you through your headphones while you run to keep you on track. Has music integration so you can listen to your music without leaving the app.

Fitness Pro – Whether you are experienced or a beginner, this is a great app to take with you to the gym. It will help you learn new exercises and teach you how to properly use gym equipment. With helpful photos of real people doing the exercises, you can combine exercises and save them to personalized workout routines.

Pump Up Fitness Coach – Workout tracking features and exercise animations instead of videos, this app also asks what equipment you have and formulates a plan for you based on your responses. Straightforward interface and easy to navigate, this is great for home workouts.

Fitness Apps for Android Phones

Endomondo Sports Tracker – Not only can Endomondo provide you with detailed info on your speed, distance and other metrics, it can act as a virtual coach to give you extra motivation. It also has some really cool extras, like the ability to race against your own virtual ghost or to get live pep talks from your friends as you work out.

Moves – This app tracks your movement throughout the day and shows it on a map and timeline, making it a diary and useful way to visualize your exercise.

Workout Trainer – A personal trainer in your pocket! Lots of individual exercises and customized routines to choose from with the option of building your own from scratch. Queue up a workout, pop in your earbuds and follow the instructions! The app will guide you and motivate you throughout your workout.

C25K: Couch to 5K – Choose your virtual trainers, each with their own custom motivational tips, and this app will coach you into transforming from a couch potato into a 5K runner! Great for anyone who ever wanted to run a 5K but wasn't sure how to train for one.

****There are also Android versions of Charity Miles, RunKeeper & Pump Up Fitness Coach**



Sources: www.digitaltrends.com