

FITTING IN EXERCISE

MAKE IT EASY WITH A PLAN & FITNESS APPS

MAKE A PLAN:

Your Roadmap to Success

Life can be very demanding and the things you deal with on a daily basis can have a huge impact on your energy levels, available time in your schedule, and the overall success of your fitness goals. Make a realistic plan that suits your lifestyle. Here are some key points to remember:

Set Your Goals – It's important to know what you are working towards. Start with small goals with a predetermined length of time that can easily be achieved and continue to build on them as you get stronger, faster, and more confident.

Determine Your Schedule – Are you a shift worker? Your workouts will look very differently to someone following a 9-5 schedule. Do you have heavier work days than others? Remember to work in your “rest” days and take breaks. This will help you to stay motivated and encourage recovery from muscle fatigue.

Build Your Workout Plan – Set up your workout in 4-week cycles. Be sure to have a variety of activities incorporating strength, flexibility and endurance. Feeling overwhelmed? There are a variety of resources to help you out. Speak with a personal trainer, browse Pinterest or YouTube for a variety of workout plans, or explore the world of apps! Mobile apps are ideal assistants for health and fitness because they are always with you and they can be customized to suit your individual needs.

Sources: www.digitaltrends.com ; App Store



FITNESS APPS FOR ANDROID

Endomondo SportsTracker

Detailed info on your speed, distance, and other metrics - it acts as a virtual coach to give you extra motivation. It also has some really cool motivational extras.

Nike Training Club

Offers a variety of guided workout videos for beginners to advanced. The app also offers four-week training programs for getting lean, toned, and stronger.

WorkoutTrainer

A personal trainer in your pocket! Lots of individual exercises and customized routines to choose from or build your own! Queue up a workout, pop in your ear buds, and follow the instructions! This app will guide you and motivate you throughout your workout.

FITNESS APPS FOR IPHONE

MapMyRun

Take the guessing out of your run. This app tracks your distance, your pace, and your runs for you (elevation, splits, and comparisons week to week). And if you want, you can share with friends.

Fitbit

Fitbit app provides an easy way to track daily activities with your smartphone. As a popular app, it is easy to compete with friends, family, and coworkers which can help to keep you motivated.

FitnessPro

Whether you are experienced or a beginner, this is a great app to take with you to the gym. It will help you to learn new exercises and teach you how to properly use the gym equipment.