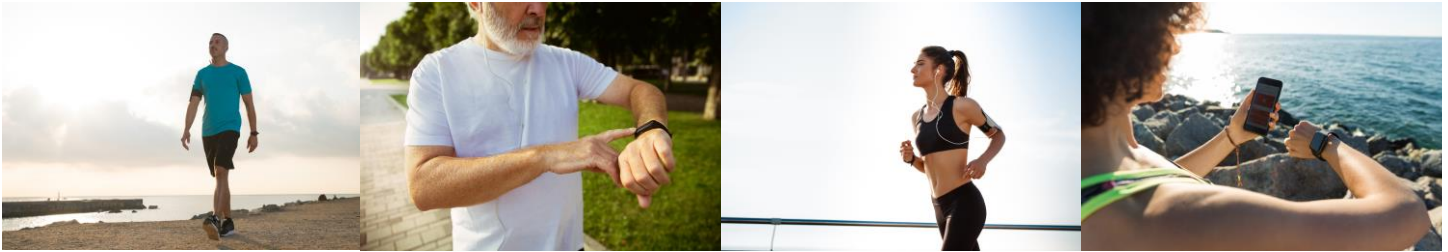


# STEP IT UP

## IT'S EASY WITH A TRACKER!

These days, most of us carry a smartphone. Sure, they are great tools for staying in touch, managing our calendars, and browsing the internet, but they can also support your health and fitness routine!

Using a device makes keeping track of physical activity simple. It's especially useful if walking is your main form of exercise. Step tracker apps are perfect for any fitness level whether you're walking to lose weight or just trying to add steps to your day. Many can also track mileage, calories burned, food intake, and more, so you can stay on track and meet your goals. Here are a few apps to check out!



### Charity Miles

This app helps you get fit and do good at the same time! Earn corporate sponsorships and 25 cents for charity for every mile you walk or run.

### Moves

This app tracks your movement throughout the day and displays it on a map and timeline. It's a visual log of your exercise.

### Pacer Pedometer & Step Tracker

This is a step tracker, activity tracker, and support all in one. It also includes a GPS feature.

### Accupedo

This is your daily walking buddy. It tracks steps, activity, and progress to keep you motivated.

### My Fitness Pal

Track your steps and activity, and also your food intake to support healthy eating. This app also promotes social connection.

### GoogleFit

This is another app that supports social connection while tracking steps and exercise.

### RunKeeper

Map your walk/run and see details on speed and distance as you go. Set a goal and use the coach feature to keep you on track. Music integration lets you listen without leaving the app.

### Endomondo Sports Tracker

Get detailed information on your speed, distance, and other metrics along with a virtual coach for extra motivation. It includes some extras like the ability to race against your virtual ghost and live pep talks from friends as you work out.

### FitBit App

Even if you don't own a FitBit, you can use the app to track your steps and exercise.

### MapMyRun

If you're into running, this app helps you find local routes and tracks details for each run. You can also stay motivated with fun challenges.

### MapMyWalk

Measure time, pace, steps, distance, progress, and performance as you walk.

Sources: [webmd.com](http://webmd.com) | [healthland.time.com](http://healthland.time.com)