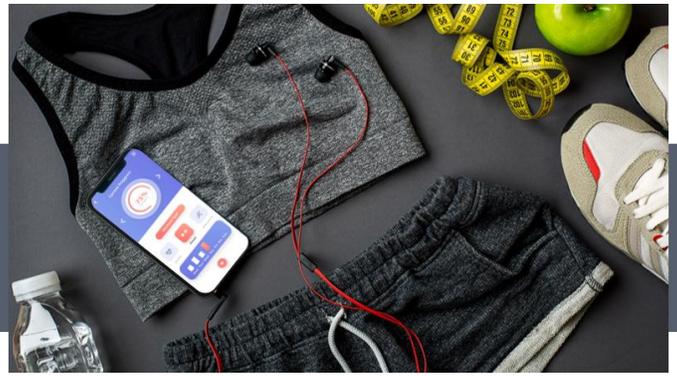


GET SOCIAL

fun fitness events and apps



Research has shown that one of the best ways to stick to your workout routine is by involving other people. Having friends, family members, or even complete strangers encourage you as you exercise is not only more fun, but it builds in motivation and accountability. Fitness events and apps are two great ways to do this.

FITNESS EVENTS

Participating in 5k walks/runs, obstacle courses, and other events can be very motivating and a whole lot of fun. You've likely seen your local gyms or community groups organize such events. Look into what's available in your area and give one a try!

If you need more help finding events, the following resources can be useful. Search by location or find virtual events to join in with a group of friends or co-workers.

-  [Eventbrite](#)
-  [AllEvents](#)
-  [Active](#)



Tips for a Successful Event Experience

Explore your options. There are so many different types of events! Find an activity you will enjoy and that can connect you to like-minded people. Some races are based on supporting a charity or cause and require a minimum fundraising amount to participate. This adds an extra time commitment that you may not want. If so, choose a fun-based event.

Be realistic. Keep your current fitness level in mind when choosing an event. If you're just breaking into an exercise routine, your first race probably shouldn't be a marathon. But don't be afraid to challenge and push yourself – especially if you have some time to train and prepare before the event takes place.

Prepare. To get the most out of the experience, set a personal goal and schedule training workouts that will help you get ready for event day. Normally, registration happens months before, so you have time to build your fitness level and achieve what you've set out to do!

SOCIAL FITNESS APPS

Technology can be a helpful resource to stay motivated and accountable with your fitness routine – especially when you can use it with friends. Here are some popular picks for fitness apps designed to be shared with others.



Pantheon

Designed for teams, this app automatically logs workouts and daily movements and suggests goals tailored to your fitness level. Change the settings to compete or cooperate with teammates.



Nike Run Club

Post completed run times to social media and share photos. Get “cheers” from Nike Run Club friends to keep you motivated.



FitOn

Choose from a large library of workout videos. Join community groups based on similar interests, lifestyles, and goals, and add friends to share workouts, share photos, and cheer each other on.



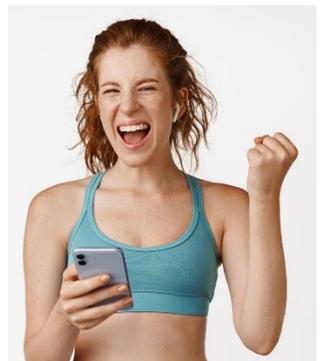
StepBet

Integrates with step counters like Fitbit, Google Fit, and Garmin. Receive personalized step goals based on your activity tracker history and bet money on yourself to motivate you to meet your goal and win the pot!



Fitocracy

This one isn't an app, but an online game and social network that uses gamification to get you moving. Get support and motivation from an online fitness community.



Images by Freepik