

# MOVE IT! MONDAY

## Fitness Apps!

According to a recent study, participants who used fitness apps were much more active compared to non-users. Current users also had a lower BMI. Researchers believe from the results that apps guide people who may not be knowledgeable to improve their health on their own.



Top Fitness Apps - most of these apps available on iPhone and Android. Download one today

### My Fitness Pal

Features a database of more than 5 million foods, a barcode nutrition scanner, and a recipe importer. Quickly tracks food and exercise

### Pear Personal Coach

This app provides hundreds of interactive audio workouts from a variety of coaches for all fitness levels.

### FitStar Personal Trainer

Fitstar's free option, which is designed to get you started on your journey to a healthier lifestyle, includes two sessions per week

### SworKit

Stands for simply work it, offers videos of exercises demonstrated by professional personal trainers. Choose from standard workouts or customize your own by picking your workout length and the areas you want to target and any other special needs or limitations.

### ActiveX

Features personalized or group Tabata-based interval workouts and group training experiences with in-app coaching.

### Pocket Yoga

Practice yoga anywhere, anytime. Database contains illustrations, descriptions and benefits for more than 200 poses.

### Charity Miles

This app measures your distance and allows you to earn money- 10 cents per mile for cyclists and 25 cents per mile for walkers and runners. Donations come courtesy of corporate sponsors like Timex Sports, Humana and Lifeway Foods.

### Gym Genius

This app tracks gym sessions. It tells you your last lift so you can improve and aim for a personal record. You can also create a workout plan and track how you perform each time you do the same workout.

### CycleCast

This app brings all the benefits of spin class to your phone. Simply choose your instructor, class length, playlist and cycle away.

### Couch to 5K

This app can help you go from couch potato to running a 5k in just 30 minutes a day, 3 days a week for nine weeks.

All of these apps are free!