

# Physical Activity Apps and Websites



Consult with your health care provider before starting or changing an exercise program, especially if you have any medical conditions.

## Physical Activity Apps

The following are great phone apps to use as resources. Be aware that apps are created and changed quite often. Most are free apps for Android and iPhone. Some apps have premium features that require a fee.



### MapMyRun

[www.mapmyrun.com/](http://www.mapmyrun.com/)

Uses built-in GPS of your tracking device to track fitness activities. Interactive maps and routes. Upload workout data such as distance, pace, elevation, and calories burned. Also available: MapMyWalk and MapMyRide.



### Couch to 5k

[www.c25k.com](http://www.c25k.com)

A top-rated app that times your run/walk workout while you listen to your own music or podcast. Initially alternates walking with running to ease into the program. Audio signal alerts when you need to switch your pace. Tip: Close the daily inspiration to get to the timer/workout page.



### Nike Training Club App

Start training with a personal plan that guides you while adjusting to your progress, schedule and other activities or choose from over 175+ workouts for strength, endurance and flexibility.



### Johnson & Johnson Official 7 Minute Workout

<https://7minuteworkout.jnj.com/>

Workouts designed with ease and effectiveness that can be completed anywhere and step by step directions, videos and timer for each exercise.



### Daily Yoga

[www.dailyyoga.com](http://www.dailyyoga.com)

Voted best yoga app of the year four years in a row (2014- 2017) by *Healthline*. Sessions on breathing, stress relief, office yoga and classes from beginner to advanced.

- Pro sessions are not free



### MyFitnessPal

[www.myfitnesspal.com](http://www.myfitnesspal.com)

MyFitnessPal is a diet and fitness community, which includes the tools and support you need to achieve your weight loss goals. It allows you to track your meals while it does the calorie counting.

Consult with your health care provider before starting or changing an exercise program, especially if you have any medical conditions.

## Physical Activity Websites and YouTube Channels

Websites and YouTube channels can be an excellent source of general health and fitness information. Consult with your health care provider to make sure this information fits your personal needs.



### Ace Fitness

[www.acefitness.org](http://www.acefitness.org) (education & resources → exercise library)

The American Council on Exercise (ACE) is a nonprofit organization committed to enriching quality of life through safe and effective exercise and physical activity.

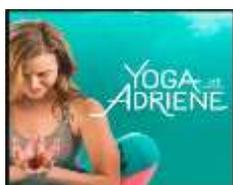
- Fitness programs: Complete workouts and exercise library
- Healthy living: Nutrition tips, recipes, exercise videos



### Arthritis Foundation

[Arthritis.org](http://Arthritis.org) (Living with arthritis → exercise)

- Exercise: Arthritis-friendly exercise videos and workouts
- Arthritis diet: Anti-inflammatory foods and recipes



### Yoga with Adriene: website and YouTube channel

Free yoga video series hosted by Adriene Mishler a Yoga teacher in Austin, Texas.

Website: <https://yogawithadriene.com/>

YouTube: <https://www.youtube.com/user/yogawithadriene>



### Fitness Blender: website and YouTube channel

Search over 500 free workouts by length, difficulty, training type, muscles used and more.

Website: <https://www.fitnessblender.com/>

YouTube: <https://www.youtube.com/user/FitnessBlender>



### BeFit: website and YouTube channel

Transform yourself with a variety of over 700 high-quality workouts from top fitness trainers, 10-35 min workouts.

Website: <http://www.befit.com/>

YouTube: <https://www.youtube.com/user/BeFit>