

# Physical Activity Apps and Websites



## 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 for Android and iPhone, and may also have a premium version for an additional cost.



**MapMyRun** uses the 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 [www.mapmyrun.com](http://www.mapmyrun.com)



**All Trails Hiking, Running & Mountain Bike Trails** is the ultimate trail finder. Explore the outdoors with a helpful tool to search by city, length and difficulty. Tip: Open the app with a good wifi connection to review map before exploring. [www.alltrails.com](http://www.alltrails.com)



**Couch to 5k** is a top-rated app that times your run/walk workout while you listen to your own music or podcast. Alternate 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. [www.c25k.com/](http://www.c25k.com/)



**Peloton** brings live and on-demand classes of cycling, yoga, running, strength, HIIT, and guided meditation to your home. Peloton equipment owners enjoy this app with their membership. Anyone can choose to use your own equipment and stream on smart devices for a charge. [www.onepeloton.com/](http://www.onepeloton.com/)



**Nike Training Club** 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.



**Yoga for Beginners** is a free yoga app that helps you meditate, de-stress and feel relaxed. Pick practices based off your experience level and set your own background music to practice anywhere.



**Johnson & Johnson Official 7 Minute Workout** Workouts designed with ease and effectiveness that can be completed anywhere and step by step directions, videos and timer for each exercise. [7minuteworkout.jnj.com/](http://7minuteworkout.jnj.com/)



**Interval Timer – HIIT Training** a free app to help keep track of your work and rest periods during your HIIT interval training. It's a great training timer for any type of workout and is customizable for sets, rest, and total time.

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



**Workforce Health**

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



**Fitness Blender:** 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>



**Yoga with Adriene:** Free yoga videos hosted by Adriene Mishler, a Yoga teacher in Austin, Texas. Find individual day practices, 30 day series or filter by length.

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

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



**BeFit:** 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>



**Pop-sugar Fitness** offers fresh fitness tutorials, workouts, and exercises that will help you on your road to healthy living and stress relief. Includes a wide variety of exercise types from beginner, to trending fitness and family friendly.

Website: <https://www.popsugar.com/fitness/>

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



**Run Grl Co** launched in 2018, is a digital media and event platform for Black women that use running as a vehicle to impact wellness in the community.

Through expert content and events that share their voices and stories, they are changing the existing narrative on what it means to be a runner. <https://rungrl.co/>



**Ace Fitness Exercise Database & 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.

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

## Physical Activity Inspiration:

- Get the whole family involved at home or outdoor space – practice safely by staying hydrated and dressing for the weather
- Podcasts: Live Yes! With Arthritis (Arthritis foundation), Yoga Journal or NHS Couch to 5K
- Follow trainers or fitness companies on Social Media for free tips and inspiration. Look for verified accounts or the person's credentials. Examples include: Koya Webb, Bryant Johnson (@RBGworkout), Faith Hunter, Ashely Joi, Massy Arias, fitness trackers or equipment companies, or community programs (i.e local park & rec, YMCA and Girl Trek Org).