

Physical Activity Apps and Websites



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

Physical Activity Apps

The following are a few 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

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

This app times your workout while you listen to your own music or podcast. Initially alternates walking with running to ease into the program. Audio signal when you need to switch your pace.



Simply Work It

www.sworkit.com

Daily circuit training workouts requiring no equipment. Yoga, Pilates and stretching routines. Also available: SWORKIT LITE



Johnson & Johnson Official 7 Minute Workout

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

Scientific personalized workout experience



Daily Yoga

www.dailyyoga.com

Voted one of the best Yoga Apps of 2015 by *Healthline*. 50 yoga and meditation exercises and more than 400 workout poses.



MyFitnessPal

www.myfitnesspal.com

MyFitnessPal is a diet and fitness community built with 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.



Workforce Health

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Physical Activity Websites

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



Activity Bursts Everywhere for Fitness

Abeforfitness.com

Activity Bursts Everywhere is sponsored by Turn the Tide Foundation, a non-profit organization working to combat obesity and the Yale-Griffin Prevention Research Center.

- Free library of 3-8 minute activity videos
- Designed for home or office



Ace Fitness

Acefitness.org/acefit

The American Council on Exercise (ACE) is a non-profit 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/living-with-arthritis

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



Exercise Prescription

Exrx.net

Free resource for the exercise enthusiast.

Visit the **Beginner's Page**

- Exercise Readiness Questionnaire
- Logsheets/adherence techniques
- Sample exercises and workouts/exercise library