Apps for Fitness

Sometimes, it’s just easier if someone (or something!) tells you what to do. **Here are 5 apps that act like training programs and will keep you motivated!** P.S. They're all free.

Relax, and get your stretch on.

*Daily Yoga*

**They say:** “This fitness app that facilitates the most convenient home exercises, not only nourishes your health but also spares you all the tiresome workouts and help you achieve fitness goals with yoga studio on the go.”

**I say:** Who needs a yoga studio? Not me, because I’ve got a full session right here in my pocket.

Track your progress!

*Strava*

**They say:** “Track your runs and rides with GPS, join Challenges and see how your running and riding compares with friends.”

**I say:** Great for tracking all the details of your run. Plus there’s an option to post your results on Facebook, if you want to brag!

*Nike+ Running*

**They say:** “The Nike+ Running App tracks your runs and helps you reach your goals -- whether it’s running your first race, or setting a new personal record.”

**I say:** You get a virtual medal for every milestone, which feels great. It’s also my dad’s favourite running app... so, you know.

Win free stuff!

*NexTrack*

**They say:** “Compete with friends & coworkers, earn rewards, get support, lose weight, and track your progress on the largest fitness mobile interactive game of its kind.”

**I say:** Actual, tangible rewards for all sorts of activity? Yes. Yes indeed.

Make it quick!

*7 Minute Workout*

**They say:** “12 high intensity bodyweight exercises. 30 seconds per exercise, 10 seconds rest between exercises.”

**I say:** You get a choice of 3 routines, each accompanied with instructions and requiring no extra equipment. Simple!