

Top Smartphone Fitness Apps

How to figure out which fitness app on the market is right for you

With all of the current fitness apps on the market it is nearly impossible to know how to choose the right app to meet your needs. As technology is becoming increasingly more prevalent people are choosing to turn to their phones to help them get into shape or to spice up their normal workout routine. Either way there is a fitness app out there that is prepared to meet your needs, the only issue is deciding which that is.

Some may be wondering why these fitness apps are even necessary. Some individuals struggle with motivating themselves, creating their own workouts or monitoring how far they have come in their fitness journey. These apps offer a great alternative to expensive gym memberships and personal training fees. Many apps allow you to get a great workout in the comfort of your own home without the need for pricey equipment.

There are so many fitness apps out there with different intentions. The three main categories of the current fitness apps are GPS trackers, workout planners and exercise books.

GPS TRACKERS

The GPS tracker apps have become increasingly popular since the introduction of fitness trackers such as the FitBit, Apple Watch, Garmin and Polar watches. These devices along with your standard smartphone are able to



track your location and monitor your run and/ or cycling path. Because of this, the GPS tracking apps have become the most purchased fitness apps in the Android Market in 2012.

WORKOUT PLANNERS

Many of the fitness apps on the market today offer the user the opportunity to view workout plans, watch workout videos or even create their own workout that best suits their needs. These apps are great for people who aim to get back into shape but aren't necessarily sure as to how to meet their fitness goals. Even if you are already performing a consistent workout routine but need help in order to avoid the monotony that may come after doing the same workouts over and over, these apps offer you workouts to work on your intended target area and reach your overall fitness goals.

Often times these types of apps offer you the ability to store and track your previous workouts in order to monitor your progress. Many apps will also allow you to challenge friends with the same app in order to motivate yourself.

EXERCISE BOOKS

The last type of fitness apps that are the most prevalent on the market are the exercise book apps. These apps offer limited features but are extremely helpful for users who already have a workout plan but just need more background information and workout ideas.

Overall, not one type of fitness app is better than the other as each user has different needs. A person may try a few different fitness apps before discovering which ones meet their needs the best.

How to find the fitness app that's best for you.

According to the American College of Sports Medicine (ACSM)

HERE ARE SOME KEY FACTORS TO CONSIDER:

COST

Is there a cost associated with the app to get the features you want?

SOCIAL

Can you connect with friends to challenge each other? How do your friends like the app?

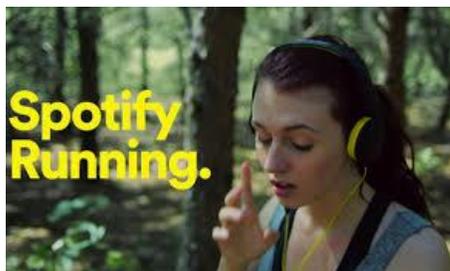
MOTIVATE

Does the app allow you to connect with other users? Can you monitor your progress? Does the app offer audio coaching?

SHARE

Are you able to share your progress with friends? Are you able to connect your fitness tracker?

Apps you may not know about



WHAT IS IT?

The Spotify running program is installed within the standard Spotify app for your phone or tablet. The app is able to detect the tempo at which you are exercising and create a playlist that will keep up with your exercise pace.

HOW DOES IT WORK?

Start by selecting one of your favorite workout playlists or radio stations. Spotify will be able to detect your running tempo in order to keep the music as upbeat as your workout.

WHY YOU SHOULD USE IT

This app allows for you to listen to music that matches your workout pattern without being distracted by music that doesn't seem to fit the tone. The music that matches your tempo helps to keep you motivated and energized.



WHAT IS IT?

Charity Miles is an app that gives money to your favorite of 30 charities for every mile of exercise that you complete. Since its introduction to the market Charity Miles has donated approximately \$1 million dollars to charity.

HOW DOES IT WORK?

Sponsors of the company such as Humana and Johnson & Johnson contribute to Charity Miles and pledge to donate 25 cents for every mile ran/walked and 10 cents for every mile biked.

WHY YOU SHOULD USE IT

If you are already exercising why not take the opportunity to donate to charity, with nothing coming from your pocket. Or, if you are searching for that extra incentive to get back into a workout routine, this app could be the solution.

References

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MyFitnessPal

Available on iOS and Android

MyFitnessPal is one of the top apps on the market today. This app is able to track the amount of calories eaten throughout the day as well as track workouts in order to monitor progress



Strava

Available on iOS and Android

Strava is a running/cycling app that is able to track your activity using popular fitness trackers such as FitBit, Garmin and Polar watches or even the GPS in your iPhone and Android phone. You are able to challenge other users as well as to track your progress.



Nike+ Training Club

Available on iOS and Android

The Nike+ Training Club app offers hundreds of free guided workout videos and 4-week training programs for people of all fitness levels and training goals. You are also able to share workouts and compete against friends.



Under Armour Record

Available on iOS and Android

The Under Armour Record app aims to help you track all aspects of wellness. You are able to monitor sleep patterns, track workouts, count steps, and watch nutritional intake all in one place.



FitNet Personal Trainer

Available on iOS and Android

FitNet Personal Trainer offers hundreds of free workout videos that use your phone camera to track your score throughout your workout. This app offers immediate feedback as to how well you are doing.