

Free Fitness Apps

Program	Description
	Join the movement! Walking 30 minutes a day, five days a week, can improve your health. You will find walking maps, walking tips, expert advice and inspiring videos to get you started.
	This is fitness and nutrition app in one and a great app to keep track of the amount of calories you consume a day, there is fast food information and you can also scan a package. You enter your weight, track your food and exercise and the app gives you the target date in which you should reach your fitness goal.
	This app uses your phones GPS technology to track distance, pace, time and speed during your outdoor workout. This program allows you to create a training log for bike rides, walks or runs, so you can monitor your progress. This is a great program for anyone working their way up to a marathon run.
	This app has the largest food library in which you can track the amount of calories you eat per day and how many you are burning, this app links up to the computer as well so you can log in anywhere anytime.
	Runkeeper gives you accurate readings of distance run, calories burned, tracks your speed and route, while offering encouragement at halfway point and towards the end of your run. After running check your exact route at runkeeper.com and there's an optional link to social media.
	Your virtual personal trainer that can give you thousands of different workout plans. You can choose your own soundtrack and get the instructions over it. You can choose to work on any part of your body, or work on cardio, flexibility, etc. There's no expensive gym equipment needed with thousands of equipment free workouts available.
	Fitness Buddy 300+ is the FREE version of the widely popular iOS and Android app Fitness Buddy with over 300+ exercises with detailed descriptions, animations and an assortment of workouts.
	GymGoal ABC is a free app that will teach you the basics of weight lifting. It includes 280 exercises with animations and written instructions, 52 workout routines (adjustable for four levels of expertise) and has the ability for you to add your own images. There are also calculators available for computing target heart rate, BMI, BMR and body fat percentage.
	Daily Yoga (All-in-One) is a dedicated yoga coaching App, providing dynamic yoga sessions with different durations & difficulty levels, videos, live voice instructions, background music, social community support, and more.

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