

Favorite Fitness Apps in 2013



Nike Training Club – (\$ Free)

Nike Training Club gives you your own personal trainer anywhere, anytime. Get lean, toned, and strong. Unlock exclusive workouts from professional trainers and pro athletes. Nike has created hundreds of workouts all in this well designed database. Plug in your current fitness level and get moving!



Couch to 5K – (\$ Free)

Winners of the 2012 APPY award, Couch to 5K pledges to help even the most devoted potato to get moving with enough consistency to run a 5K race in just 9 weeks. This app features virtual coaches, record mantras, syncs to your music, and tracks your progress.



Pocket Yoga – (\$ Free)

A yoga guide in your pocket! This app includes an extensive dictionary of yoga poses, terms, and exceptional yoga instructors that lead you through three variations at three difficulty levels.



Vitogo – (\$ Free)

Want to start strength training and conditioning but don't know where to begin? Simply input your current fitness level and Vitogo will generate an effective series for you to try.



MyPlate by Livestrong – (\$2.99)

Track your calories using this easy to operate MyPlate application. A great way to record your daily caloric count to aid in your weight loss program.



Nike + Running – (\$ Free)

Map your runs, track your progress, and get the motivation you need to keep going. The Nike+ Running App tracks distance, pace, time, and calories burned with GPS, giving you audio feedback as you run.



FitBit – App Free (Pedometer \$99.95)

The FitBit iPhone App allows you to track food, activity, weight, water, sleep and see the big picture of how your daily choices affect your health. The FitBit iPhone App is best when used with one of the FitBit activity tracking devices, but can also be used all on its own.