

Fitness Apps for iPhone

All of these apps are FREE Fitness apps that you can download

Pacer Pedometer & Step Tracker

This app aids in counting your steps, calories, weight loss, running, walking, biking, and fitness challenges. You can set fitness goals and personalize them.

Map My Run by Under Armour

A complete set of tracking & training tools to help you get to your running goals. Personalized coaching plans to help make running feel easier. A community to stay inspired, and on top of your goals.

Yoga for Beginners | Mind + Body

Learn how to relax your mind & body with simple and effective yoga workouts. It features beginner yoga to help start your yoga journey. Build and customize your own personalized yoga workouts.

Chloe Ting: At home full-body workouts on YouTube

She is a well-known Youtube Fitness Influencer that posts weekly workout videos, healthy food recipes and other fun videos! She has FREE workout programs on her channel with workout calendar schedules too.

Link to Channel: <https://www.youtube.com/@ChloeTing/about>

Or Scan QR Code below:

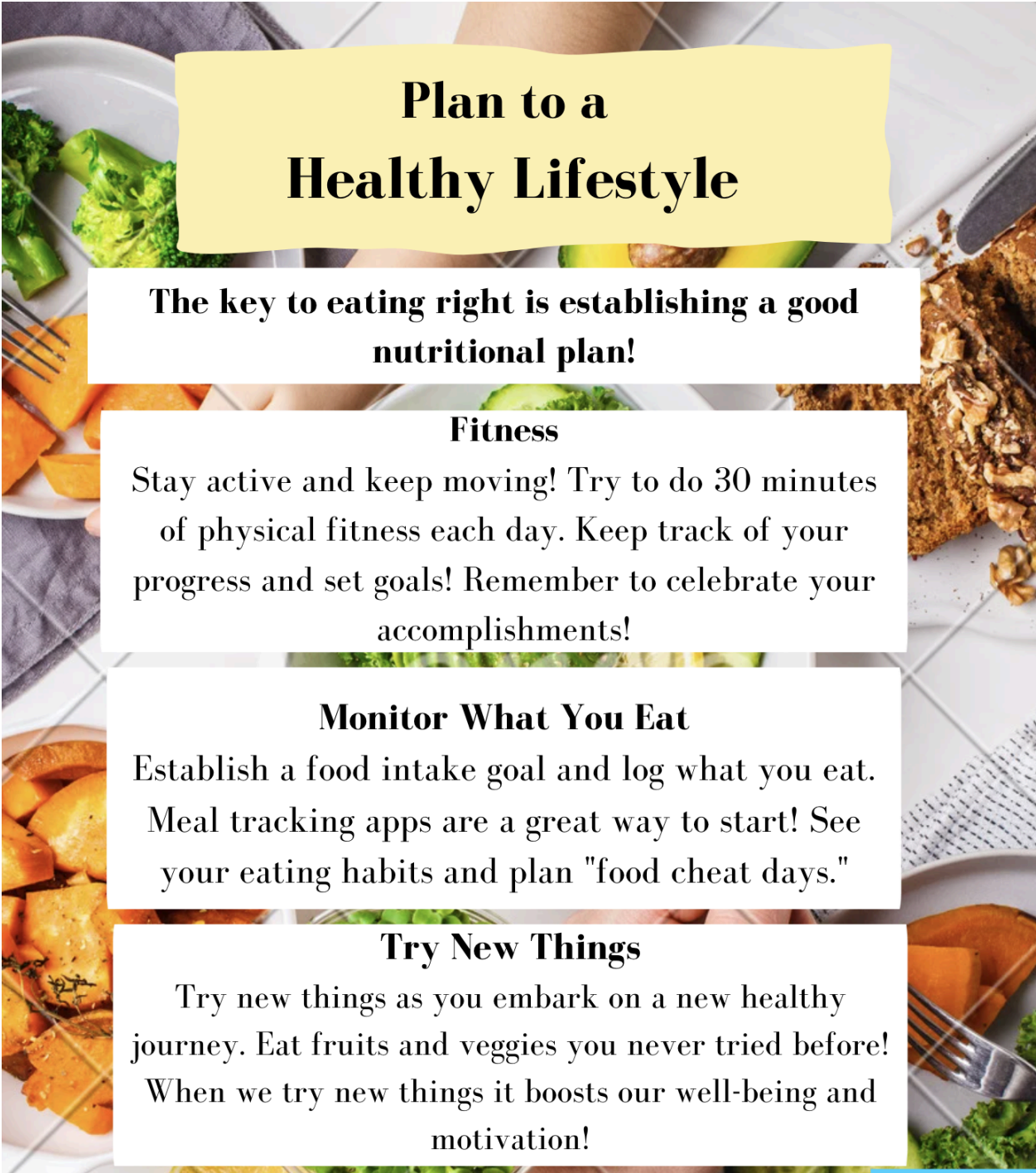


Nutrition Apps:

Lose It! – Calorie Counter

MyFitnessPal: Calorie Counter

These apps are helpful for healthy eating and tracking what you consume. You're able to count your calories with ease and make a food log of everything you eat. These apps also provide you with helpful food intake information and weight tracking.



Plan to a Healthy Lifestyle

The key to eating right is establishing a good nutritional plan!

Fitness

Stay active and keep moving! Try to do 30 minutes of physical fitness each day. Keep track of your progress and set goals! Remember to celebrate your accomplishments!

Monitor What You Eat

Establish a food intake goal and log what you eat. Meal tracking apps are a great way to start! See your eating habits and plan "food cheat days."

Try New Things

Try new things as you embark on a new healthy journey. Eat fruits and veggies you never tried before! When we try new things it boosts our well-being and motivation!