



With thousands of fitness apps out there we knew that a site like <http://www.TopFitnessApps.com> had to be made!

The following are our 10 favorite apps no matter what your interests are.

Let us know if you ever have any questions, feel free to send this to anyone who would enjoy learning more about fitness apps.

- The Top Fitness Apps Team

Top 10

1. Social App – **FitTag** – <http://www.fittag.com>

FitTag was built for fitness explorers. For the people who want to escape other social media outlets where political rants and cat videos flood their newsfeed. Users are able to capture their healthy moments via photo/video and inspire other users.

You can search FitTag's posted by goal, user, or location. Their goal is to create a visual guide for everything healthy going on in the world.

They use their #100FitDay Challenge to see if users can capture a healthy moment each day for 100 days while encouraging and rewarding them if they make it to the end.

Take the #100FitDays challenge here:
<http://www.fittag.com/100fitdays.php>

2. Nutrition App- **MyFitnessPal** - <http://www.myfitnesspal.com>

MyFitnessPal allows you to track your food intake and weight loss progress. You start by entering your current weight, goal weight, height, gender, date of birth and activity level and the app calculates your daily caloric needs in addition to keeping track of how much total



fat, cholesterol, sodium, carbs, protein, etc, that you have left for the day. Another cool feature is that you can view charts and graphs of your weekly caloric intake as well as your current progress.

This App is a useful tool in bringing awareness to how much you're really eating in comparison to how much you really need. It's easy to record because there are over 2,000,000 foods in the database, so most of the time all you have to do is pick what you ate and enter the serving size.

In order to successfully lose weight using MyFitnessPal, you must be compliant in entering exactly what you ate, and not overestimating your activity level. When used correctly, this can be a very valuable tool in weight loss because overtime, it also teaches you about portion sizes and nutritional value of foods you eat regularly.

3. Running App- **Runkeeper** - <http://runkeeper.com>

Runkeeper is similar to other running apps, but with more features than most. It's easy to use and starts you off by having you enter in basic information. What makes this running app unique is that you can also choose the option of using RunKeeper for other activities such as cycling, hiking, skiing, snowboarding, and swimming. You have the option of setting goals and adding friends as well.

Another interesting feature is that you can use this app's training plans to prepare for an upcoming marathon, half marathon, or a variety of running programs. There is also an option to have audio cues that can update you mid run so that you don't have to stop and look at your phone.

The congratulations e-mail after completing your run helps you feel accomplished, and we also love that your workout can be synced with other fitness apps, which makes tracking your habits even easier! RunKeeper is a unique running app that can be a useful tracker and motivational tool!

4. Workout App- **MapMyFitness** - <http://www.mapmyfitness.com/us/>



MapMyFitness is an all-in-one fitness-tracker. It uses the GPS already built in to your iPhone or Android (OS 2.1 or higher) device to track speed, distance, duration, elevation, and, of course, maps your route for easy access any time in the future. You can set up a free account online and have your runs or rides automatically uploaded, and the linked Twitter feature allows you tweet your workouts.

The substance of MapMyFitness+ lies mostly in its ability to create maps for its users, but the creators wanted you to be able to keep track of more than just runs and rides without using multiple apps, so there are also built in features for logging gym workouts and nutrition information. If you want to keep track of your activities, and you are mainly a runner or cyclist, this app has got you covered. Best of all, MapMyFitness+ FREE, and, consequently, well worth the investment.

5. Yoga App- **Yoga Studio App** - <http://yogastudioapp.com>

Yoga Studio App (available for iPhone and iPad) provides you with over 16 hours of HD yoga classes on video in addition to the ability to create unlimited custom classes with full video. This app is perfect for anyone from yogi beginners to experts because you can choose beginner, intermediate or advanced and it will teach you over 280 poses with detailed information and advice. BTW Yoga Studio was developed by a qualified yoga instructor who also performs the routines in the videos.

Yoga Studio includes 30 classes, and you can also choose how long you would like your practice to be from 15 minutes, 30 minutes or 60 minutes. The video and the commentary are easy to follow, letting you feel as though you are in a live yoga class, and providing you with a relaxing, successful workout.

6. Workout App- **Nike Training Club** - http://www.nike.com/us/en_us/c/womens-training/apps/nike-training-club

Nike Training Club puts together your workout based on your



personal body shape goal. When you first open the app, you have the choice of “Get Lean,” “Get Toned,” “Get Strong,” or “Get Focused.” Based on your ultimate aspiration from exercising, you can decide what you want your outcome to be and then the next step is to choose your level.

Whether you choose beginner, intermediate, or advanced, you’ll get to also choose from a variety of workouts that interest you. Catchy names such as “The Heartbreaker” and “Pump Station” guide you to your desired workout where you’ll be shown step-by-step directions of each exercise with pictures.

The workouts range from 15 to 45 minutes each and involve an array of circuit type exercises that are dependent on your desired result.

Upon completing your workout, the Nike Training Club will log your exercise minutes and will track your score. This gives you the ability to visually see your progress on the screen, and hopefully in your body!

7. Nutrition App- **Fooducate** - <http://www.fooducate.com>

Fooducate is a unique diet tracker for your phone. It offers options regarding your personal diet when you first log in, such as “warn me about GMOs,” “avoid processed foods,” “eat vegetarian,” and “eat vegan.” These are factors most diet apps do not take into consideration, and could help determine nutrient needs. There is also an option to have Fooducate remind you to use it while you are at the supermarket. Because it has an effective scanner for food products, this app can also help you food shop for healthy brands.

Fooducate is easy to use and set up in a user-friendly manner. The main screen gives you the options to scan products, track your health, or browse foods. When tracking your food, Fooducate shows pictures of the product and rates the product from A+ (in green) to F (in red) to give you a quick glimpse of its nutritional value. In addition to tracking your diet and exercise, you can also add notes to your dietary intake. This could include anything from feeling guilty about eating the second cookie, to recording why you ate what you ate. Not only does



this help you be more mindful of your intake, but it also makes it easier to look back and see your trigger foods or situations.

8. Activity Tracker- **Fitbit** - <http://www.fitbit.com/apps>

With Fitbit you can set weight and calorie burning goals, and track your progress daily. Just search your activity, enter the activity duration, and Fitbit automatically adds an estimate of the calories you've burned to your daily log. If you're able to be more precise, you can manually enter the number of calories you burned. Now return to the home screen to see how close you are to reaching your daily goal.

Now here's where it gets a bit more interesting: Enter your current and desired weight, and Fitbit will provide you with several "Plan Intensity" options. If you have some time to reach your weight loss (or gain) goals, and don't want to kill yourself, you'll probably want to choose either the "Easier" or "Medium" option.

These will give you daily calorie deficit (calories consumed minus calories burned) goals of 250 and 500, respectively. But if you're anxious to shed those pounds and are willing to put in the extra effort, the "Kinda Hard" or "Harder" option may be a better choice. Under these plans, you'll increase your calorie deficit to 750 or 1,000 per day, and you'll lose either 1.5 or 2 pounds each week.

9. Pedometer- **Moves** - <http://www.moves-app.com>

Moves, which was recently acquired by Facebook is unlike most exercise tracking apps because it automatically calculates your steps and distance without having to press "start" or "begin. Moves differentiates between transportation (driving) and walking, and it's interesting to be informed of how much walking you are doing on a daily basis, and it's convenient to be able to compare your day-to day activities! Moves also updates you when you have set a new walking record and it's free!

10. Cycling App- **Strava cycling** - <http://www.strava.com/running-app>



Strava cycling allows you to track your rides and view your distance, speed, elevation, and calories burned. This app also includes features such as heart rate sensors and the ability to view your ride on a map. As an added bonus, Strava doesn't drain your phones battery, and can be useful if you're riding somewhere new, but the GPS is not always 100% accurate.

Strava also incorporates social media into your ride so that you can follow other riders, search for other routes around you, and participate in challenges. While the tracker alone is available on other apps, the community aspect is what makes Strava Cycling different from other available cycling apps

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6. Nike Training Club - http://www.nike.com/us/en_us/c/womens-training/apps/nike-training-club
7. Fooducate - <http://www.fooducate.com>
8. Fitbit - <http://www.fitbit.com/apps>
9. Moves - <http://www.moves-app.com>
10. Strava cycling - <http://www.strava.com/running-app>