

## More Free Apps? APPS-OLUTELY!!!

Here are just a few:

### Runtastic Free Android Application

Take your fitness to a new level with RUNTASTIC, the best running and fitness app on Android!

Runtastic uses GPS to map your sports and fitness activities, such as: running, jogging, biking, or walking. The Runtastic app tracks your cardio workout progress (time, distance, elevation change, speed, calories, and more) to help you reach your training goals.

### Fitbit Free Android Application

Get active. Eat better. Manage your weight. Sleep better.

The Fitbit Android 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 Android App is best when used with one of the Fitbit activity tracking devices (Classic, Ultra, Zip and One) or the Aria Body Comp Scale, but can also be used all on its own.

Please note: You can use the app without a network connection to view most stats, log favorite foods and activities and log water and weight. You will need a Fitbit account to use the app. If you don't already have a Fitbit account, you can easily create one in the app. The app syncs up with your account on the Fitbit website so you can have an overall view of your stats and back up your data.

### Adidas MiCoach Free iPhone Application

**Suits:** Men or women who want extra motivation

Much like Nike's app, this acts as a mobile trainer with the all-important ability to track your performance. Only instead of choosing from exercises, you choose from activities, with options like 'get fit, stay fit,' 'running', 'football', 'tennis' and 'basketball'. Once you've decided, your workout is then personalized to suit your goals, fitness levels and even your preferred coaching method. Damien suggests using this twice a week alongside another cardio session and yoga or Pilates to boost your flexibility and strength.