



**There's an  
app for that!**

**5 app types to  
jumpstart your  
fitness journey**

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## Why Am I Writing This?

Well, many people go to today's gyms and don't have a clue what to do. There are trainers available and that is always the best solution; I worked with one in the beginning myself. Yet, there are people who try to figure out how on their own. What's wonderful about this day and age is there are many resources to choose from to designing a fitness plan. I'm here to tell you about some of the apps on your mobile device that you can use to track and manage some of the key aspects of fitness.



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## Calorie Tracking

Unfortunately, this is a necessary evil everyone has to endure. I have been personal training for 11 years and the most successful people I have trained tracked their calories. Despite the goal, whether to lose weight, gain muscle, or have more energy, a general awareness of calories and macronutrients is essential. Luckily, the mobile technology exists to make logging food much easier.

### Apps

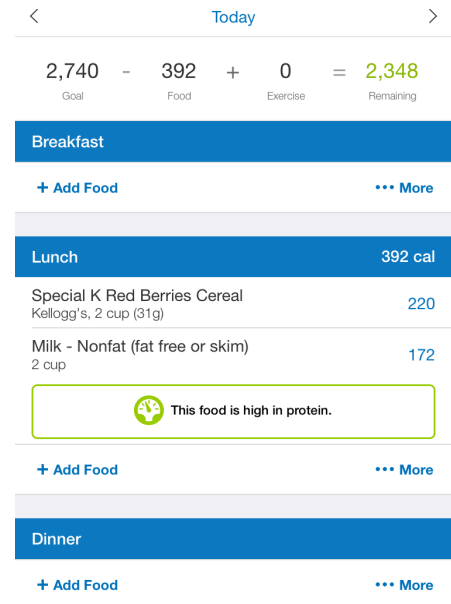
MyFitnessPal, Dotfit, myPlate

### How It Helps

Being able to see how many calories you intake instantaneously is a huge advantage. If you have a goal of losing weight you can plan ahead very easily by budgeting your calories for a deficit. It also helps by showing your macronutrient balance. This will reveal if you're not eating enough protein, carbohydrates, or fats. You can also keep track of your body composition over time as well.

### Key Features

- Logging foods
- Macro nutrient balance
- Weight management
- Activity entry



myFitness Pal

## Distance Tracking

A good way to motivate you to keep doing cardiovascular activity is to have an app to keep track of runs, bike rides, swimming, or other cardiovascular endeavors. Cardio is very difficult to have someone do on a regular basis. It takes a descent amount of energy that you're trying to achieve in the first place. Most goals need cardiovascular ability for either burning calories or increasing performance efficiency.

### Apps

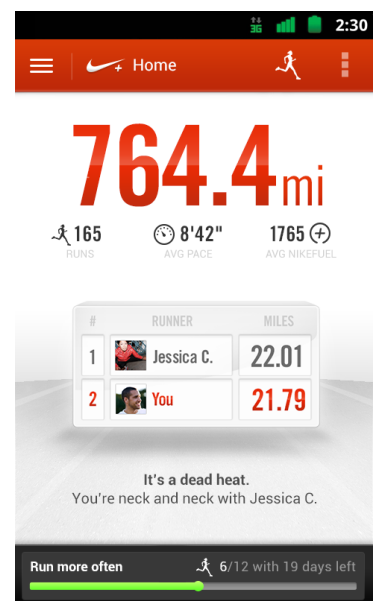
NikePlus, Mapmyrun, Bike Ride Tracker

### How It Works

Tracking speed and distance can help you stay motivated. If you know you're progressing, it makes the heartache of doing cardio feel not in vain. There are also features in some programs that let you compete with your friends. Competing against someone for distance can make cardio feel like a game instead of a chore. You can also share with your friends on Facebook what you did for cardio.

### Key Features

- GPS Tracking
- Records distances and speeds
- Social media sharing
- Shows progress
- Competitive with friends
- Heart rate tracking



NikePlus

## Program Design

Planning is the biggest part of any fitness program. If you don't know how to get to your goal then it will never happen. The biggest difference between someone who is fit or is not is a plan. Resistance programming is part of that plan. This is movement that creates fast twitch muscle that facilitates more explosive and stable motions. This is typically where people need help from a trainer because of the many acute variables and safety issues. There are apps that help create a workout that includes resistance and cardio programming.

### Apps

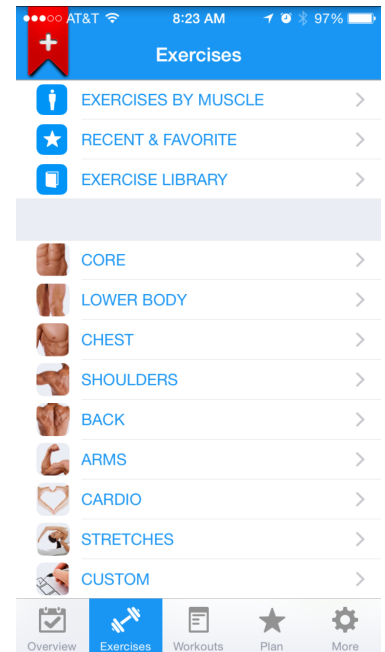
Fitness Buddy, Dotfit, PT on the Net

### How It Helps

Part of the "What the hell do I do?" Is addressed here. Most programs have you set your fitness goals and a simple plan to follow. This will give you structure that develops adaptation, and consequently the body composition changes that you want. There is generally great information about each exercise, such as purpose, what it works, sets, reps, and execution.

### Key Features

- Workout plans for variety of goals and experience levels
- Exercise library for each body part
- Videos, pictures, and explanations of each exercise



Fitness Buddy

## Flexibility

Flexibility is the most overlooked aspect of the fitness continuum and it's a shame. Typically when I start with someone I usually have to correct a lot of overactive muscles. These tightnesses inhibit your movement and cause a lot of problems. If you can't move through a standard range of motion, most exercises will be difficult and you will easily give up. Some of the resistance apps touch upon some stretching but don't usually add it in your program. Luckily, there are a few apps that solely focus on your flexibility.

### Apps

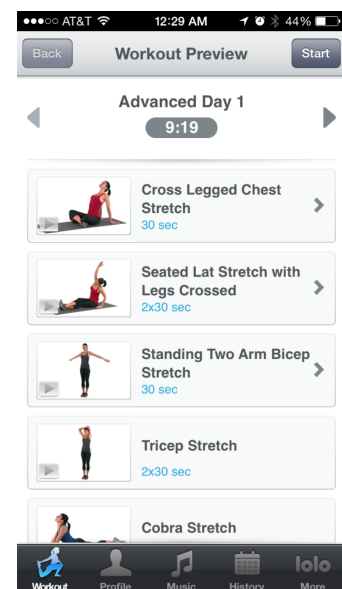
Performance Stretching, Dotfit, Flexibility

### How It Helps

Having a program with diagrams, videos, and explanations is crucial. Stretching does not come naturally to most people and clear visuals are great to use as reference. Some stretching programs have screen movements that help you identify your tightnesses. The program will make suggestions on which stretches to do for those tightnesses.

### Key Features

- Flexibility routine creation
- HD videos
- Movement screen



Performance Stretching

## Supplements

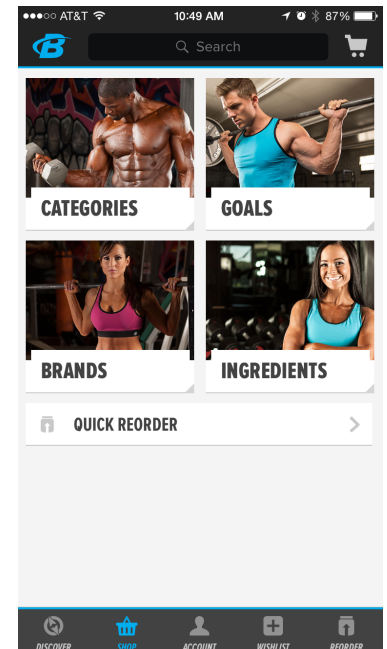
Supplements can help you get to your goal faster as long as you take the right ones. There is an increased nutrient demand when you start working out, so a convenient way to meet that demand is through supplements. Some people have mixed feelings about supplements, but in the long run they do help you out with proper use.

### Apps

Bodybuilding.com, Dotfit, isupplements

### How It Helps

Most supplements are dependent on goals. These apps take the guess work out of knowing what's best for you and makes suggestions. There is also a lot of information on the effects of each supplement and their nutrient values. Not only can you find out about the supplements but you can buy them from the app its self.



bodybuilding.com

### Key Features

- Supplement suggestion based on goals
- Information about each supplement
- Supplement consumption schedules
- Can buy supplements from app