

Free Fitness Apps for Smartphones

Daily Burn offers a variety of features for entering foods, tracking your weight loss and monitoring your exercise program. The app is free, and you have the option to pay extra for other features such as the FoodScanner (\$4.99) or consultations with a personal trainer (\$4.99). The stand-out feature for Daily Burn is the exercise section, which is more comprehensive than other apps. You can find training plans based on your goals (weight loss, building muscle, etc.) and you can build custom workout routines and track individual exercises. You can also view detailed instructions for how to do different exercises.

Nike Training Club helps you get lean, toned and strong with the help of a virtual personal trainer and over 85 custom-built workouts. This app is easy to use with plenty of step-by-step videos. Nike Women Training Club programs include drills for cardio, core, strength, balance and flexibility. Access workout videos and your training schedule from anywhere – even invite friends for a competition!

Run Keeper has something for everyone, providing plenty of encouragement. The coaching feature chimes in throughout your run to announce your pace, current time, how far you've run and other vital fitness stats – and you can turn this option off if you prefer. You can listen to and control music from within the app, can shuffle through your entire music library or create running-specific playlists!

Lose It won't cost you a dime. It provides a simple way to track calories ingested in the form of food and expended in the form of exercise. It has a fairly extensive library of standard and brand-name foods with accurate calorie, carb, fiber, fat and protein values – all of which are trackable within the app. It lets you set weight-loss goals and track over time.

Fitness Pro is easier to carry around than a fitness magazine and offers the added bonus of an electronic log for your workouts. It offers tips for newbies on types of cardio and proper form and lets you select exercises by individual muscle. Some exercises can be done at home with minimal equipment. It includes a handful of preprogrammed routines and you can create your own.

Six-Pack App provides exercise instructions for specific body parts – chest, shoulders, back and legs – with tips and detailed illustrations of the muscles involved. Do's and don'ts are also included. The app has a variety of workouts for all levels, and travel routines. Some exercises require dumbbells, exercise tubes and balls.

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Free Downloads to Upgrade Your Health!

iPhone

- Calorie Counter & Diet Tracker
- Lose It! – Fit Now
- WebMD Mobile
- My Net Diary
- Daily Ab Workout
- RunKeeper Free
- Body Fitness Exercise Journal
- Pedometer
- Nike +iPod

DROID

- Calorie Counter
- DroidFit
- Instant Heart Rate
- Epicurious
- Endomondo Sports Tracker
- Cardio Trainer
- Move Your Bot
- Google health

BlackBerry

- Calorie Counter
- Endomondo Sports Tracker
- Total Fitness for Blackberry 1
- vClinic Mobile Health
- My Personal Health Record
- Good Food Near You
- Meal Logger
- Diet & Calorie Tracker (Spark People)

iPhone

- 1 Click on the App Store button on your phone.
- 2 Click on the search button.
- 3 Type in the name of the app.
- 4 Scroll through list of apps and click on desired app.
- 5 Click on the free button at the top of the app.
- 6 The application will download to your phone.

DROID

- 1 From the Home screen, touch the Market Icon.
- 2 Search for desired application that you want to download.
- 3 Touch the application that you want to download.
- 4 Touch Install. The application is not downloaded to your device.

Tip: You can also search for apps by pressing the magnifying glass.

BlackBerry

- 1 Press the Blackberry button then scroll to and click on Blackberry App World.
- 2 Click on the file folder icon at the bottom of App World home screen.
- 3 Scroll down until Health & Wellness is highlighted then click on it.
- 4 Select either Fitness or Health & Diet. Upon selection, scroll through the list of Applications until the desired Application is highlighted. Click on that Application.
- 5 The option to Download will be highlighted. Click on that.
- 6 After completing Download and Installation the application will either be in the Downloads folder on your applications page or will be last in the list application icons.