

Get motivated with a Fitness App.



- 1. Argus** - Argus tracks your activity directly through your iPhone rather than via a separately purchased device. As long as you carry your phone all day long, Argus will watch your movements. You can also log workouts, keep an eye on how much water you drink, and take photos of your food to inspire yourself to stick to a healthy lifestyle.
- 2. Fitocracy** - Fitocracy uses game-like stats to spur on friendly competition and increase your dedication to working out. It's a very social app for tracking your workouts, especially weight-lifting, and sharing your progress with the community.
- 3. FitStar** -The free app contains 'Basic' workouts designed to inspire you to move more, whereas a Premium subscription gives you more program options, such as 'Get Strong' and 'Get Lean.' No equipment is required for these workouts, so you can complete them at home, at the gym, or on the road.
- 4. The Johnson & Johnson Official 7 Minute Workout** - This app helps you squeeze some exercise into your day at an intensity level that's right for you. The interface is surprisingly attractive and clear. All you need is a chair and seven minutes or about 11 minutes if you add a warm-up and cool down.
- 5. MyFitnessPal** - We live in a world of temptation, cheap pleasures, stress and convenience, all of which can affect our diet and health. MyFitnessPal is a mobile app and website that gives you a wealth of tools for tracking what and how much you eat, and how many kilojoules you burn through activity.

