

HEALTH AND FITNESS APPS FOR YOUR SMARTPHONE



FREE WORKOUT APPS

Fitness Pro



Contains an impressive library with over 450 different exercises. You can build your own workout schemes, choose preset routines, keep track of your runs and fitness exercises

11.1 MB

APPLE
Only

Nike Training Club



Gives you your own personal trainer with access to 85 custom-built workouts. Instructions and audio support as well. You can even find out how some celebrities keep fit by following their personal trainers.

616 MB

APPLE
Only

Workout Trainer



Whether you're lifting weights at the gym or doing bodyweight workouts at home, Skimble's Workout Trainer will guide you through each series of exercises with timed, step-by-step audio, photo, and video instructions.

23.9 MB

APPLE/
ANDROID

Gymgoal Lite



Excellent tool to track and optimize your workout. It has a huge encyclopedia of exercises for all kind of body structures.

49.3 MB

APPLE/
ANDROID

JEFIT



Designed by serious bodybuilders to improve an individual's workout in the gym, ease of tracking body statistics, create custom workout routines, detailed exercise database, and two-way synchronization with online server to store information and keep logs of fitness progress.

19.7 MB

APPLE/
ANDROID

FREE NUTRITION WEIGHT LOSS APPS

Fooducate



Helps you spot those tricky non-health foods quickly by cutting your research time in half. Simply scan the barcode and Fooducate will give you a rating for the food scanned based on calorie counts per serving, processing techniques and amount of excess sugar. If you want to save time and choose health, go grocery shopping with Fooducate.

7.8 MB

Apple/
Android

Loose It!



Succeed at weight loss with Lose It! Set goals and establish a daily calorie budget that enables you to meet them. Stay on track each day by recording your food and exercise and staying within your budget.

13.8 MB

Apple/
Android

My Fitness Pal



From start-up, My Fitness Pal takes your weight, height, goal weight and lifestyle into account before giving its recommendations. Right away it breaks up your big goal into a smaller goal 1 month away from now, which is a fantastic motivator. You can also access calorie counts and nutritional information from local restaurants, taking the guesswork out of eating out. You can also access your calorie count online from any computer, and get some extra encouragement by sharing your progress with friends.

18.8 MB

Apple/
Android

ShopWell



The White House may have its own chef, but this app is almost as fancy. ShopWell rates thousands of food product based on user's specific nutritional needs. Whip out the smart phone on the next supermarket visit to get a personal shopping list with the best options around.

5.0 MB

Apple
Only

MyPlate Calorie Tracker



This app has got almost all the benefits of a nutritionist and personal trainer. It works with MyPlate online, where users can determine a target calorie range. Enter the calorie goal and search more than a million food items for nutritional information. A fitness database also includes different activities and how many calories each one burns

9.0 MB

Apple/
Android

FREE CARDIO APPS

Digifit iCardio



Digifit iCardio is the perfect multi-sport tracking app, tracking all your runs, rides, spins, walks, hikes, and even a customizable "Other" category that you can make into what you want! GPS mapping, pace, distance, voice feedback and much more. **(\$1.99 for Android)**

27.4 MB

Apple/
Android

Runtastic



The technology measures running time and distance, plus how many calories runners burn. Users track their progress toward fitness goals; they can even send friends live updates and photos of the wind in their hair. Other versions are designed for walking, road biking, mountain biking, and winter sports.

21.5 MB

Apple/
Android

MapMyRun



Tracks runners' exact paths as they cross the globe on foot. Plus the app records other features of a workout like speed, distance, pace, and calories burned. Users can share their achievements with comrades on social media. There are also versions for walking, hiking, biking, and triathlons.

14.4 MB

Apple/
Android

Daily Cardio Workout



This app is a great 5 to 10 minute daily cardio routine for men and women that steps you through ten of the best cardio exercises. These proven exercises, demonstrated by a certified personal trainer, will whip you into shape in no time.

11.3 MB

Apple/
Android

Noom Cardio Trainer



Follow the yellow brick road or just use the GPS on this app, which lets users track just about every detail of their workout. The product comes with a pedometer and workout playlists and provides instant feedback through voice notifications.

5.7 MB

Android
Only