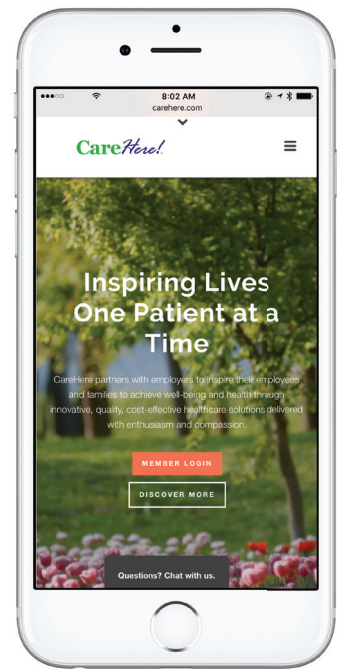


CareHere!

Exercise Apps We Recommend

CareHere strives to provide quality resources you can use to assist you on your wellness journey. We recommend the apps below to assist with your physical activity related goals.

CareHere has not received any compensation or reimbursement for these recommendations. The app descriptions were written by the app developers. The opinions expressed in the descriptions are not necessarily the opinions of CareHere or its' employees.



Run with Map My Run
FREE



Fitness, run, walk, ride: Run with Map My Run is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. Free account!



Fitness Buddy:
300+ Exercises

FREE with In App purchases



Introducing Fitness Buddy: 300+ Exercises. The ultimate fitness journal with tons of amazing content: 1000+ exercises, 45+ tailored workouts, 3000+ retina display images and animations, all in the palm of your hands!



Daily Yoga

FREE/Upgrades w/cost



Daily Yoga Inc. is focused on providing intuitive and comprehensive yoga training software for everyone. Available now as top free mobile Healthcare & Fitness app, our products help millions of people to get and stay healthy by exercising yoga workouts on-the-go.



FitStar Personal Trainer
FREE with In App purchases



Sponsored by Fitbit. Fitstar Personal Trainer helps craft a personalized workout plan, offers videos you can watch on your TV via AirPlay, plus fun achievements and social features that motivate you between workouts. Workout at home, the gym or while traveling while keeping exercise fun, fresh and exciting. Workouts from 7 to 50 minutes to help you stay committed and meet your goals with soundtracks and music stations. Video workouts provide step-by-step coaching, motivation and tips.



MyFitnessPal
FREE



Whether you want to lose weight, tone up, get healthy, change your habits, or start a new diet MyFitnessPal has you covered. Track food, log exercise and reach your goals. MyFitnessPal has the largest food database, offers 350+ exercise to choose from or add your own; syncs with 50+ other apps and devices.



Sworkit
FREE



Sworkit provides randomized circuit training workouts to keep you motivated to exercise and stay fit. You can choose your workout length and target different areas to create the perfect workout anywhere, anytime. No weights or extra equipment required.



Accupedo
FREE/Upgrades w/cost



Accupedo is an accurate pedometer app that monitors your daily walking on the home screen. With easy to read charts and history logs, monitor your steps, calories burned, distance, and time. As your best walking buddy, Accupedo will motivate you to walk more! Set up your daily goal and step towards a healthier you with Accupedo pedometer.

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