

NO Gym? NO EXCUSE! Here is fitness you did not know you had right at your fingertips!

Technology makes it impossible to avoid exercising—that's why WE love it! There's no excuse why we CAN'T! Because of our Summer Fitness Challenge we decided to put together a list of "techy things" that help you workout, stay motivated and/or track your activity! Try one below to get motivated, set goals and move MORE! A lot of these are involved with the phone you're on all day anyway—so why not try something new!

Smart Phone Apps

There are a TON of workout apps out there—just perform a search. We happen to love a few to that give you actual workouts --These apps are like personal trainers you can take with you anywhere! There also are apps that help you track your fitness! You might need to purchase more storage to purchase one or two of each!

- **Apps that tell you HOW TO move**



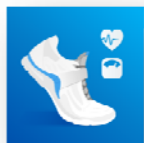
- **'Has-fit'**- You can choose exercises based on type or area of the body you wish to work. You can even choose workouts based on where you are (Gym or Home) on the this app. The creator of this app performs workouts and exercises in videos so you can perform the exercises safely and effectively. We especially love watching a "Gym" workout video before the gym so you have a plan when you get to the gym instead of wasting time deciding what to do and how to do it! Has-fit also has a great list of motivational quotes to look through that we think really hit deep and make you want to keep working on your fitness and diet plan



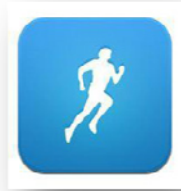
- **“SworKit”** also let’s you choose a type of exercise or workout or choose workouts based on body part. (This is our ALL TIME favorite work-out app!)You can also choose how long you want to perform each workout. Have a crazy day coming up? Why not “SworKit” out for 10 min when you get up, 10 min after work, and 10 min before bed to fit in 30 min that day! This is a great way to goal set by trying to increase the time each time you perform the workout. If you download the “Custom Workout” version (for a small cost) so you can create your own workouts based on exercise that are safe for you! The app makes sure to be in your face to remind you that you have to “SworKit” out.



- The **Couch 2 5K** program comes in an app
 - This interval training program gives you three workouts per week. The goal is to get you from sitting on the couch to running a 5K in 9-12 weeks.
 - You can stay in the Week 1 workout for longer if your intervals of walking/jogging are walking/walking faster—who cares! Work off of your own fitness level and what you can achieve
 - While listening to your music the app coaches you when you pick up the pace and when to go back to your normal pace.
- **Apps that tell you HOW MUCH you moved**
 - Pacer



- If you have a more regimented fitness routine and are looking for granular details about your workouts, free apps like **Strava** (Cycle and Run) and **RunKeeper** will do the trick. Both track your activities via GPS. But they add a social component too.



- With **RunKeeper**, you can create playlists to go along with your workouts, which you can easily map out beforehand. You can set alarms to remind you of workouts, and check out what other friends (from Facebook or your contacts) have been up to.



- **Strava** meanwhile channels your competitive side, pitting you against others for top times on “segments” (streets, paths, or other popular routes) in your area.



Wearable Fitness Trackers

- If you don't have a smart phone for a tracker or maybe you don't carry your phone on you all the time, a fitness tracker might be an option for you to monitor your activity as well as other health goals! We know many of our patients already have these but for those who don't you can hear it from them and us how motivating they are! There are so many different kinds out there (some more accurate than others) but do your research before buying! We think whatever option is going to motivate you is the one you should choose. If activity tracking alone is all you need instead of added GPS and texting, than you probably do not need the most expensive

version. You also don't want to keep buying one that breaks when you could have just bought one of the slightly more expensive brand that lasts!

- Do your research on Products such as the 'Fitbit' (\$60-\$250), The Apple Watch (\$349-\$600; unless 18K Gold keeps you motivated than you can pay \$10,000-\$12,000), the 'JawBone' (\$50-\$200), The Microsoft Band (\$200), The Garmin Vivofit (\$100), The Bowflex Boost (\$50), The Striiv Play (\$70- makes you complete challenges throughout the day), and the 'Misfit Shine'(\$100)
 - o All of them track your activity level, remind you when to exercise or if you have been sitting too long, and notify you of personal goals You have achieved. Many have the features that allow you to compete with others, sync with your Smart Phone devices including your Food Diary Apps, (like our favorite My Fitness Pal!) track sleep quality, calories burned, and distance traveled. More expensive versions may have a GPS, allow you the track types of workouts performs, track heart rate, receive text notifications from your Smart Phone and/or allow you to change your music from your synced music library.

DVDs/ Internet/Netflix/On Demand

- We know DVDs are considered to be from the Stone Age these days but some of the workouts that come on DVDs are too good to give up! We have some suggestions for DVDs below that we love but suggest using them on your computer or Laptop or purchasing a portable DVD player so you can bring the ones you like with you wherever you travel. Why not shut the door to your office for 10-20 min and pop-in a strength training DVD or find a ten min work out on YouTube? Maybe get other co-workers together to do it on your break in a common room or after work for 30 min before you head home. Don't forget about Netflix and on demand workouts! TV and the Internet also prevent you from using the weather excuse that you know as a patient of ours is not allowed! See some of the DVDs, on TV, and online workouts you might want to try!



- o **Leslie Sansone's Walk Away the Pounds DVD**- walk anywhere from 1 to 5 miles in your living room! It might seem boring but Leslie includes a lot of other strength and aerobic exercises that make the time fun and pass quickly! (Beginner Fitness Level)

- **Zumba Fitness Beginner and Zumba Fitness Cardio Party** DVDs- Dance workouts to burn calories (Beginner Fitness Level)



- **Ripped DVDs with Jari Love**—a basic but GREAT DVD for strength training/weight lifting—just make sure to have a set up dumbbells with various weights (Beginner-Intermediate Fitness levels—Has advanced and modified exercises for every workout)
- **Trainonline.com, Body Rock.TV**, —free workouts at your fingertips for all fitness levels (beginner-Intermediate Fitness Levels)
- **Youtube—HomeFitness TV and BeFit** YouTube Channels—tons of videos with celebrity trainers such as Jillian Michaels (all fitness levels)
- **P90X DVD**- Great strength workouts for both intermediate and advanced fitness levels! Also includes advanced plyometric workouts



- **Shaun T Workout videos**—T25 is a great combination of cardio and strength for intermediate fitness levels done in just 25 min! Insanity and Max 30 –nothing makes you sweat more but are meant for advanced fitness levels; the name says it all