

These apps are tools to support your movement through tracking and motivation.



### Map My Walk

**Cost:** Free - Available for iOS and Android devices

**Description:** Measure and map your walking route or find a route that inspires you. Track heart rate and calories burned.

**Benefits:** Create teams and track walks together, connect socially with friends, measure your progress and track your route. Can connect to most smart exercise devices like Fitbit and Apple watch.

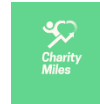


### MyFitnessPal

**Cost:** Free - Available for iOS and Android devices

**Description:** Track all areas of health with this app. Log your exercise, meals and sleep. This app will calorie count for you and is wonderful for weight loss goals.

**Benefits:** Track everything in one app. Receive motivational messages, recommended recipes and notification to support data entry. This app also has a social component, so you can connect with your support system.



### Charity Miles

**Cost:** Free - Available for iOS and Android devices

**Description:** "Help yourself while helping others." Log your workouts and support a charity at the same time. Through corporate sponsors, your moment translates to dollars for the charity of your choice.

**Benefits:** Create a team that moves and supports others together.



### The Walk

**Cost:** Free - Available for iOS and Android devices

**Description:** Fitness combined with gaming. This app motivates you to walk while engaging you in a story starring **you** as the main character. Movement is required to keep the story going.

**Benefits:** Motivation through storytelling and gaming.



### Wellness FX

**Cost:** Free - Available for iOS devices

**Description:** Review results from your personalized health plan complete with practitioner recommendations. Create and keep track of your results and add goals to help develop and maintain healthy habits.

**Benefits:** Tracking your exercise and movement on apps or trackers, like the one provided to you for Movement Matters, provides motivation, accountability, consistency and scheduling support.



### Pocket Yoga

**Cost:** \$2.99 - Available for iOS and Android devices

**Description:** Practice yoga with 27 different sessions varying in difficulty and duration. Learn about yoga poses with an in-app dictionary that contains explanations for correct posture, alignment and benefits.

**Benefits:** Yoga is a great way to get moving. Yoga increases flexibility, which helps you maintain a good range of motion, promotes good bone health and keeps you centered and energized.



### Argus

**Cost:** Free - Available for iOS and Android devices

**Description:** An all-in-one fitness app, Argus features a heart rate monitor, sleep time smart alarm clock, pedometer, GPS activity tracking and a social community.

**Benefits:** The social component of this app promotes connection, accountability and support throughout your fitness journey. Team up with a partner or group during Movement Matters to enhance these benefits.



### iPhone Health

**Cost:** Free with iPhone

**Description:** Dashboard of your personal fitness and health data that automatically uploads upon opening the app.

**Benefits:** Benefits of tracking without the need to activate an app.