

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.