Movement Matters Campaign  
Motivational movement apps

 **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. Connects 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 count calories 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 of your choice through corporate sponsors, your movement contributes dollars for the designated charity.

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.

 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 element 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.