



Fitness Apps

Benefits

- Stay motivated and discover new fitness ideas
- Keep fitness info in one place
- Track and monitor your progress
- Share fitness info with others



Nutrition Tracking Apps

- Keep a food diary to eat healthy
- Track calories, nutrients, and water intake
- Add exercise info to understand calorie use
- [MyFitnessPal](#) & [MyPlate](#)



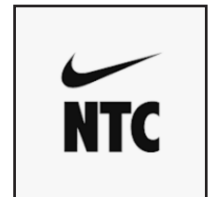
Activity Tracking Apps

- Track steps and distance
- Record other health info
- [Google Fit app](#), [iPhone Health app](#), & [MapMyWalk](#)



Workout & Gym Apps

- Variety of workouts for every fitness level
- Watch demonstrations by trainers
- Popular workout apps include [Nike Training Club](#) & [Seven](#)
- [Bold](#) is a fitness app custom designed for the 65+
- Many gyms offer their own apps for free to members
- Check if your branch participates in YMCA360 at ymca360.org



YouTube App for Fitness

- Subscribe to channels to be notified of new content
- Create your own fitness routine with playlists
- Popular channels for senior fitness: [Senior Planet](#), [SeniorShape](#), and [Yes2Next](#)

