



Apps for Strength/Mobility

Scan the QR code to visit each app's website. Then, download any app from the Google Play store or the Apple App store to get started.

iPhone Health: Stay on top of your fitness goals with your iPhone's built-in health app! Track your daily steps, flights climbed, set up your Medical ID, and more!



Google Fit: This app comes preloaded on many Android phones and can be downloaded to any mobile device. Track your movement, set goals, stay on top of your progress, and even journal!



Nike Training Club: This free app offers a variety of at-home workouts that suit your needs. It keeps you accountable with reminders, tracks your progress, and celebrates your successes!



Mighty Health: This all-in-one exercise, nutrition, and daily health program allows you to track steps, keep a food log, take classes, watch exercise videos and more! It's designed for people ages 50+ and has a free and paid version (often covered by insurance).



Bonus: YouTube offers endless video content, including fitness! Use the search feature to browse instructor-led exercise sessions, specific workout styles, or fitness channels.

- [Senior Planet: Health & Wellness Playlist](#)
- [Senior Shape Fitness](#)
- [Yoga with Adriene](#)
- [Yes2Next](#)