

## Six Free Mobile Apps to Help You Get Started Exercising

The Centers for Disease Control and Prevention recommends that people get 150 minutes a week of moderate exercise. However, you may feel that you can't exercise because you don't have time, don't have access to or can't afford proper workout facilities, or don't have sufficient coaching and support. Or maybe you just think exercise is boring.

Your smartphone can solve many of these problems. It's small enough to go anywhere with you, and numerous fitness applications are available.

Here are six free mobile apps that can get you up and going:

### **1. J&J Official 7 Minute Workout**

Concerned about time? This app has 22 programmed high-intensity, full-body workouts that last only seven minutes. You can program your own workouts, including longer ones, using 72 different exercises. A coach on the app shows you how to do each one.

**Platforms available:** Android (<https://bit.ly/2tyazQr>); iOS (<https://apple.co/2tpMudN>).

### **2. 30 Day Fitness Challenge**

It can be hard to start exercising if you don't know how to begin or what to do. This app provides a daily workout for 30 days, ranging in difficulty from beginner to professional and including both full-body exercises and ones that target specific areas, such as your arms or stomach.

**Platforms available:** Android (<http://bit.ly/2KBz59G>); iOS (<https://apple.co/2Fv6Rur>).

### **3. Charity Miles**

Need motivation to exercise? This app allows you to choose a charity that will receive a contribution for every mile that you walk. You can change charities at any time.

**Platforms available:** Android (<http://bit.ly/2tQRFDU>); iOS (<https://apple.co/1jJ6sah>).

### **4. Nike+ Run Club**

This app provides coaching and training plans for runners and joggers. You can use the app to track your progress and share your runs with others, which can help you stay motivated.

**Platforms available:** Android (<http://bit.ly/2tF3I7J>); iOS (<https://apple.co/2tHuzbt>).

### **5. Zombies, Run!**

Exercise can be boring, but this app makes it exciting by placing your walks or runs in the context of a game where you're trying to survive a zombie apocalypse.

**Platforms available:** Android (<http://bit.ly/2KwR8Be>); iOS (<https://apple.co/2NawUfe>).

### **6. C25K – 5K Running Trainer**

If you haven't exercised in a while (or ever), this app provides an eight-week program of 30-minute walking and running workouts. The idea is to help build your stamina slowly and safely.

**Platforms available:** Android (<http://bit.ly/2NcaLgG>); iOS (<https://apple.co/2MyXugU>).

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