

Apps, Apps, everywhere: Are You Smarter than Your Phone?

Jackson Green, Undergraduate Student

Dr. Sonya Sanderson, VSU, Interim Depart Head Kinesiology and Physical Education

Myfitnesspal – tracks calories consumed, keeps meal plans, tracks calories expended through exercise, and personal diet plans.

Map my fitness – tracks 600+ activities, GPS capable, calorie tracker, can connect with friends to share workouts.

Lose it – tracks calories consumed through photo recognition, exercise tracker.

Johnson & Johnson 7-minute workout – pre-made seven minute workouts that include cues for proper skill performance.

Charity miles – tracks miles from walking, running, and cycling, donates money for every mile ran to charity, can connect with friends to share workout.

Endomondo – tracks running, cycling, and many other sports, keeps track of stats, personal training plans, can connect with friends to share workout.

My Asics run coaching – adaptive run trainer, select goals and it creates a workout plan to reach them.

Pear personal fitness coach – creates personal workout plans for running, cycling, weight training, TRX, yoga, and many other activities while using real coaches and feedback.

Runtastic six pack abs – database of different core exercises, workout plans, can connect with friends to share workout.

SworKit – personal workout trainer with guided plans and custom workouts, multiple versions of the app for all types of activities (core, Pilates, lower body, etc.).

Strava – premium running/cycling app, tracks stats, connects with friends to compete and share workouts.

Pact – app that allows you to put money on the line to ensure you work out, if you miss you lose money, if you meet your goals you earn money from those who missed theirs.

Animal flow workout – bodyweight training app that focuses on ground based movements to increase flexibility, stability, power, and endurance by following the exercise video.

Fitstar – created by fitbit, uses dynamic programs that constantly evolve as you progress from feedback, acts as a personal trainer.

Jefit – easy to use personal training app that can track over 1,300 different exercises keeps track of workout data.

Fitocracy – social exercise app, tracks multiple types of workouts, tracks workouts where you earn points to level up, connects with friends to compete and share workouts.

“Friskies” Jitter Bug – Bug smash game.

Ant Smasher— Bug smash game.