

# PHYSICAL ACTIVITY AND FITNESS APPS

## Sworkit

[www.sworkit.com](http://www.sworkit.com)



Sworkit allows you to customize and play **Personalized Video Workouts**:

- Choose from strength, cardio, yoga or stretching.
- Select any time from 5 to 60 minutes.
- Follow the video trainer to know exactly what to do!

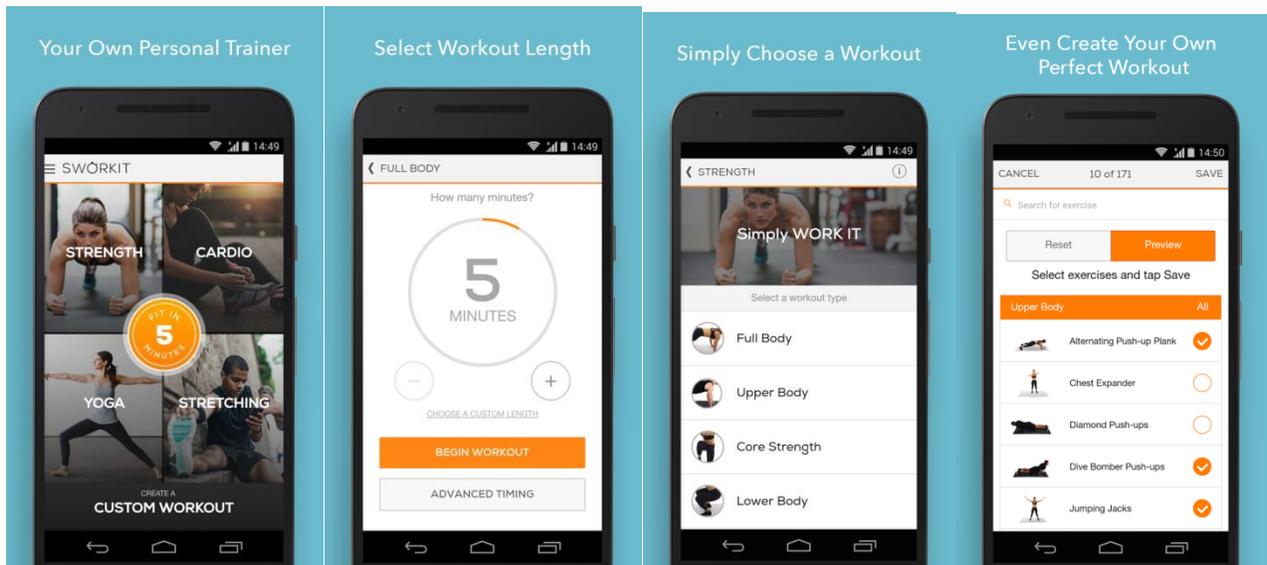
Sworkit has personalized workouts that fit your schedule and your goals vs. rearranging your schedule to work out. Swork-out anywhere, anytime because no equipment is needed. No Gym. No Excuse.

**Sworkit was rated #1 by a recent study assessing fitness apps based on the parameters for safety, stretching, progression, and more set by the ACSM (American College of Sports Medicine).**

- Sworkit routines guide you through videos demonstrated by professional personal trainers.
- Syncs with Google Fit, MyFitnessPal, Fitbit, RunKeeper, Jawbone, Strava, MapMyFitness, Azumio, DailyMile, Garmin, Misfit, Moves, Striiv, Withings and many more great fitness apps.
- Just choose your high-level focus area between Strength, Cardio, Yoga / Pilates, and Stretching, and then pick among any of the dynamic length video workouts.

## OR

- Create your own CUSTOM WORKOUTS (or modify any existing one) using any exercise in the library for a fully personalized experience.
- Focused Routines - Target any areas such as abs, back, butt, chest, hips, legs, stomach, thighs, etc
- Injury Recovery - Remove moves you can't do, or add rehabilitative ones
- New Challenges - Insert running in place and pushups between every other exercise for the ultimate boot camp!



## TABATA

<http://www.active.com/fitness/articles/what-is-tabata-training>

Please view the following Columbus Community Hospital staff videos demonstrating Tabata:



<http://youtu.be/6A8rLpzFV5w>

<http://youtu.be/fc5CZrtfUvA>

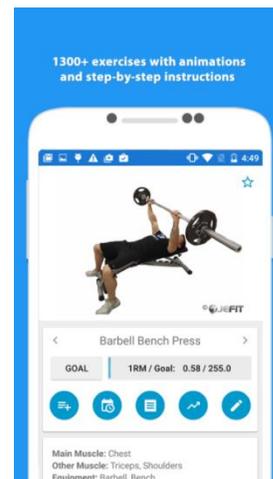
<http://youtu.be/MSyKTd1feww>



## JEFIT

JEFIT is one of the most simple workout apps for recording and logging your fitness exercises.

- JEFIT allows you to easily track workouts and progress, create routines or access the largest exercise database, manage your stats and synchronize your data.
- JEFIT is used by all types of exercisers, from bodybuilders to regular gym goers.
- JEFIT makes recording and logging your workouts a breeze, helps you create custom fitness routines or access 1300+ free exercises, and offers powerful workout reporting.



## Couch to 5K

Couch to 5k [http://www.coolrunning.com/engine/2/2\\_3/](http://www.coolrunning.com/engine/2/2_3/)



The proven C25K (Couch to 5K) program was designed for inexperienced runners who are just beginning an exercise routine.

The plan's structure prevents new runners from giving up and at the same time challenges them to continue moving forward.

C25K works because it starts with a mix of running and walking, gradually building up strength and stamina to fully running a 5K.

- Now compatible with Google Fit (Pro version and for users running Android 4.0 and above)!
- Track your calories and distance for each workout!
- Listen to your own favorite music and playlists while you train
- Compatible with Nike+ GPS and other pedometers
- Integrated with Facebook and Twitter communities. Meet other runners!
- The only C25K app that works accurately while your device is locked!
- Login to MyFitnessPal at the end of your workout to track your calories

The Official C25K® to finish a **5K**

we will train you:  
30 min a day  
3 days a week  
8 weeks total

**MILLIONS JOINED THE MOVEMENT**

health app POPULAR GLAMOUR  
appolicious myfitnesspal.com YAHOO!

#everymomentcounts

The Official C25K®

Track your distance and calories! Tap the center dial to cycle through time, distance, and calories.

C25K can now utilize your motion coprocessor (in compatible devices) and integrate seamlessly with Google Fit. (available in Pro)

The Official C25K®

Join the community of millions of others doing the C25K program!  
Facebook, Twitter, Instagram & MyFitnessPal integration.

The only 5K training app to be partners with MyFitnessPal for seamless integration!



## MapMyFitness

Map My Fitness – Track Workouts, Running, Cycling, Walking, and Calorie Counter

- Log over 600 different types of workouts
- Record GPS-based activities to view detailed stats
- Log on to the web to join Challenges

The screenshot displays the MapMyFitness mobile application interface. The top navigation bar includes 'Record Workout', 'Workout Details', and 'Routes'. The main screen is divided into several sections:

- Workout Summary:** Shows 'Ran 2.59 mi on 5/2/14' with a 'Run' activity type. It includes a 'PAUSE' button and a 'Pause Workout' button.
- Stats:** Displays 'DISTANCE 2.6 mi' and 'DURATION 0:25:52 min'. Below this is a 'PACE vs. ELEVATION' graph showing a purple area chart.
- Average Pace:** Shows an average pace of **8:57 min/mi**. It also lists 'MAX, 7:04 min/mi' and 'MIN, 11:30 min/mi'.
- Splits pace/speed:** A table showing split times for 1 mi, 2 mi, and 2.60 mi.
- Routes List:** A list of saved routes with details like distance, date, and gain.

Distance	Date	Gain
2.50 mi run on 5/10/14	05/10/20...	
2.5 mi		Gain +138
2.59 mi run on 5/2/14	05/02/20...	
2.6 mi		Gain +134
4.02 mi run on 4/29/14	04/29/20...	
4.0 mi		Gain +259
Route Genius Route	03/24/20...	
2.8 mi		Gain
Route Genius Route	03/24/20...	
3.7 mi		Gain
Route Genius Route	03/24/20...	