

Fitness apps on the phone

Exercise applications, improve health on the phone help users to have effective health exercises, quality, health monitoring through exercises.

The development of health applications on phones has become a trend and has been chosen by many software companies. Not only focus on software, games, photo editing, etc. many companies also choose to develop gym apps, gyms to improve and enhance users' health.

Users can choose exercises that suit their physical condition, thereby monitoring their health according to each exercise so that they can adjust accordingly. The following article The network administrator will summarize you to read the exercise application, improve health on the phone.

1. Just exercise and "make money" with Sweatcoin
2. The best health apps on Android and iOS that everyone should install
3. Dr. AI - New service in HealthTap health diagnosis application

Fitness applications on Android, iOS

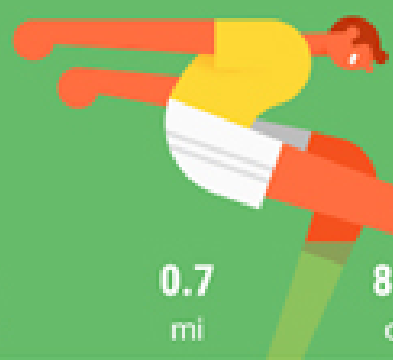
1. Google Fit application

1. Download the Google Fit app

This application comes from Google with the ability to track user health on the phone, through the sports activities that users perform. Google Fit calculates the specific time you take your exercise, such as jogging, biking, etc. From there, the application will track the user's health through daily exercises, with a power chart. Healthy details.

Some outstanding features on Google Fit:

1. Keep track of sports activities and user health details.
2. Provide health exercises, monitor user health through calories consumed, weight, .
3. Set practice goals for each day, each week.
4. Track diet nutrition, sleep.



15
min

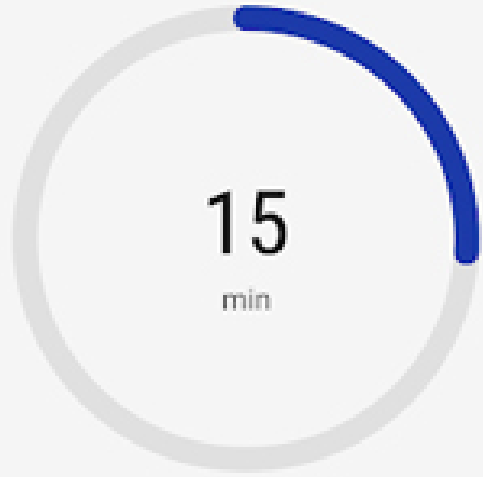
0.7
mi

843
cal

1,508
steps



Active 60 min a day
12 hr 17 min left

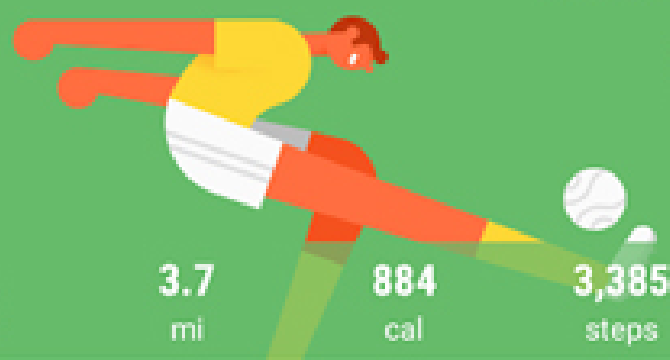


- T
- F
- S
- S
- M
- T
- W



You were more active than 87% of people in Sunnyvale





42
min

3.7
mi

884
cal

3,385
steps



Take 10,000 steps a day

12 hr 5 min left



Active 60 min a day

12 hr 5 min left

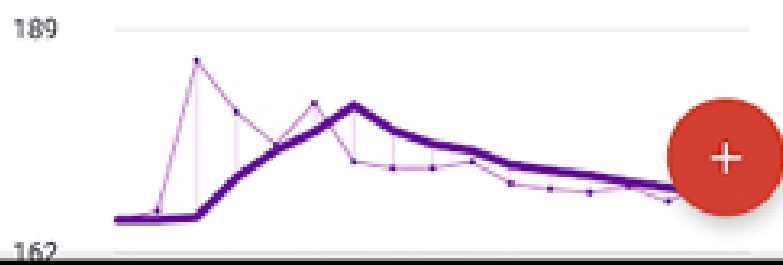


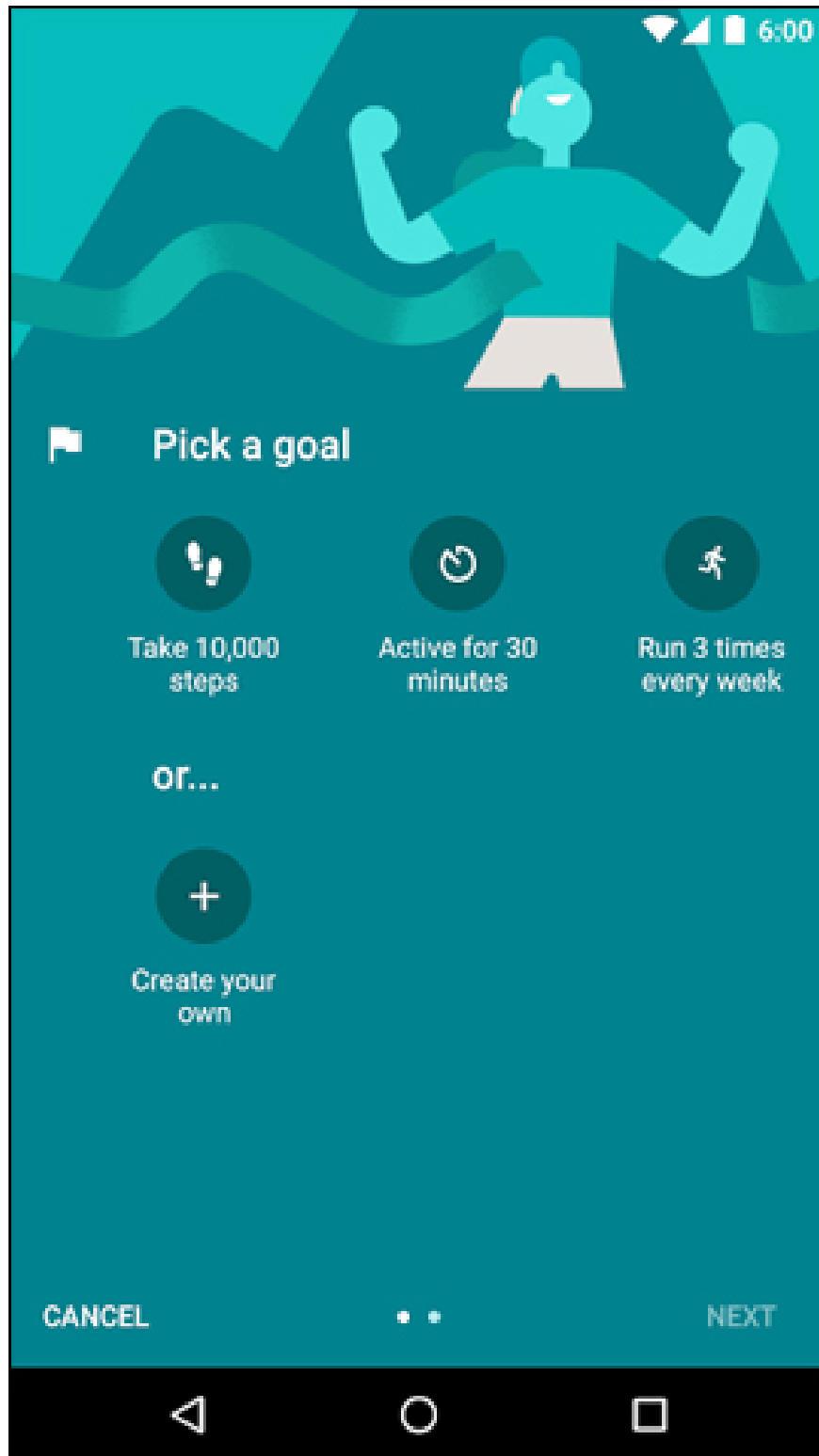
Your weight



170.2 lb
Today

0 lb
Since Mar 22





2. Samsung Health application

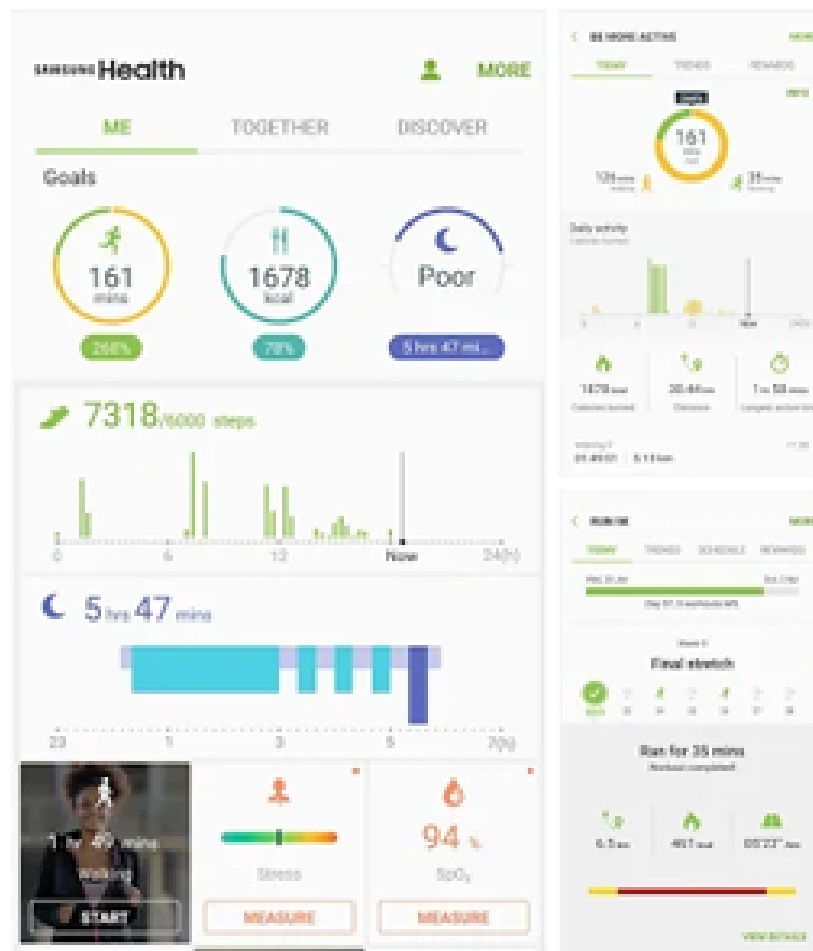
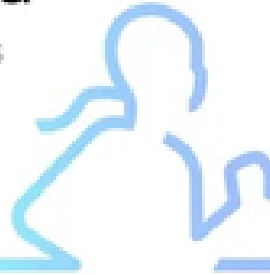
1. Download Samsung Health Android application
2. Download Samsung Health iOS

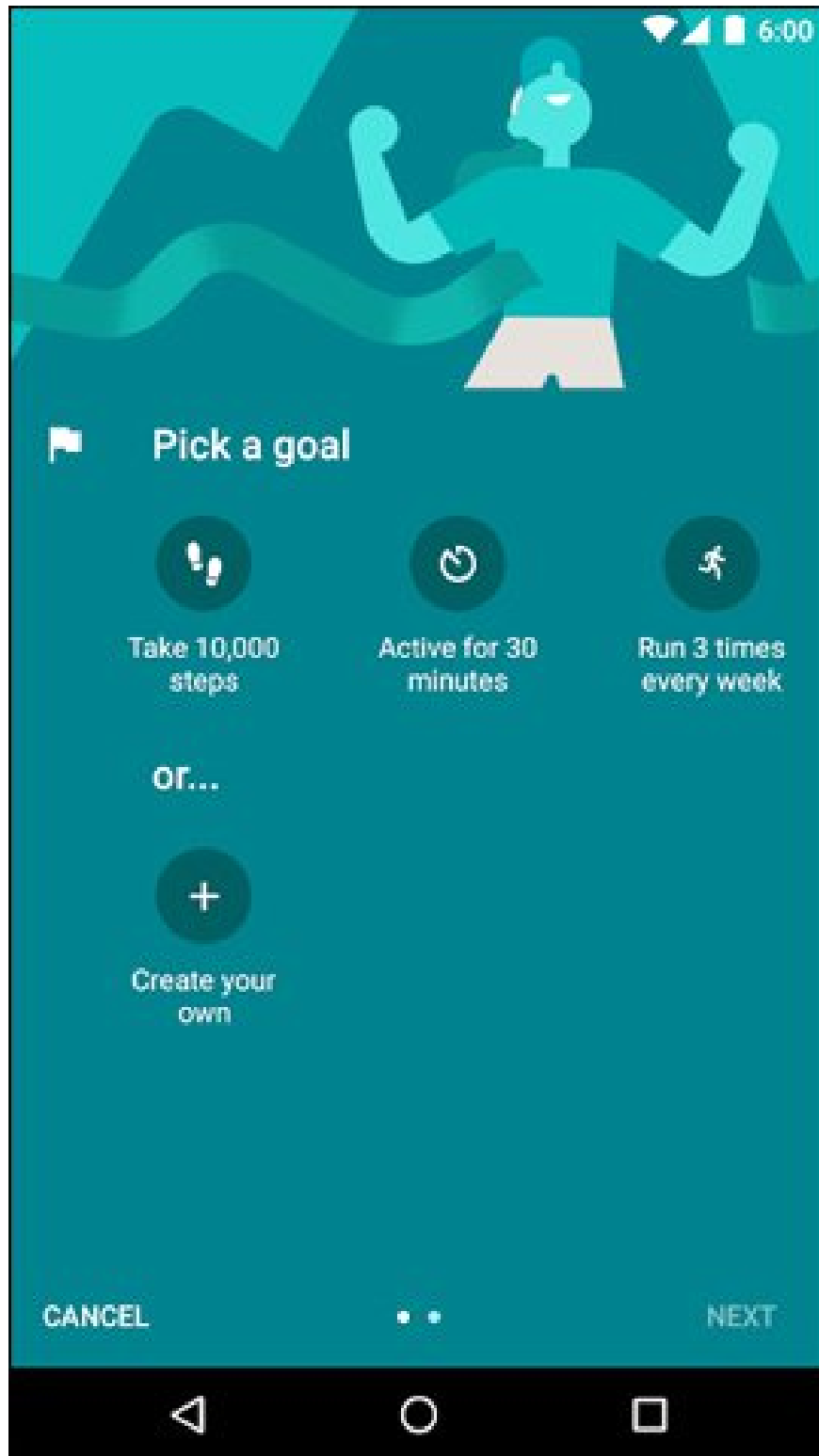
Samsung Health is a health monitoring application that is familiar to those who use Samsung. Currently the application has been released on the iOS operating system for users to download. Samsung Health also monitors

user health through daily and weekly sports activities. In addition, the application will also give us advice to improve user health.

Activities for You

Automatically record your daily activities and enjoy goal driven programmes.



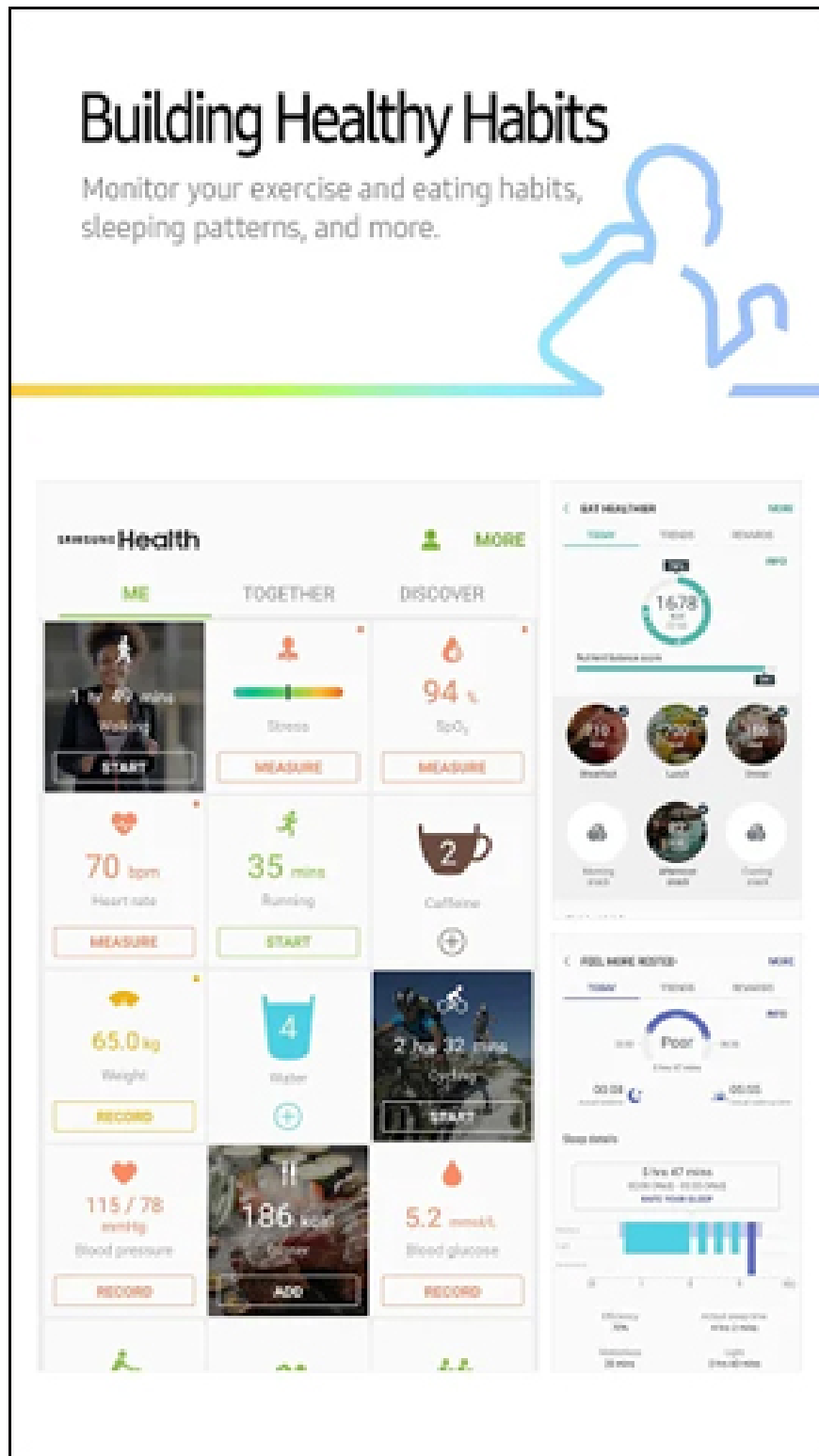


The goals set out on the Samsung Health application will also help users easily perform health exercises. The application will track all activities, even daily meals, to get you a healthier diet.

Typical features of Samsung Health:

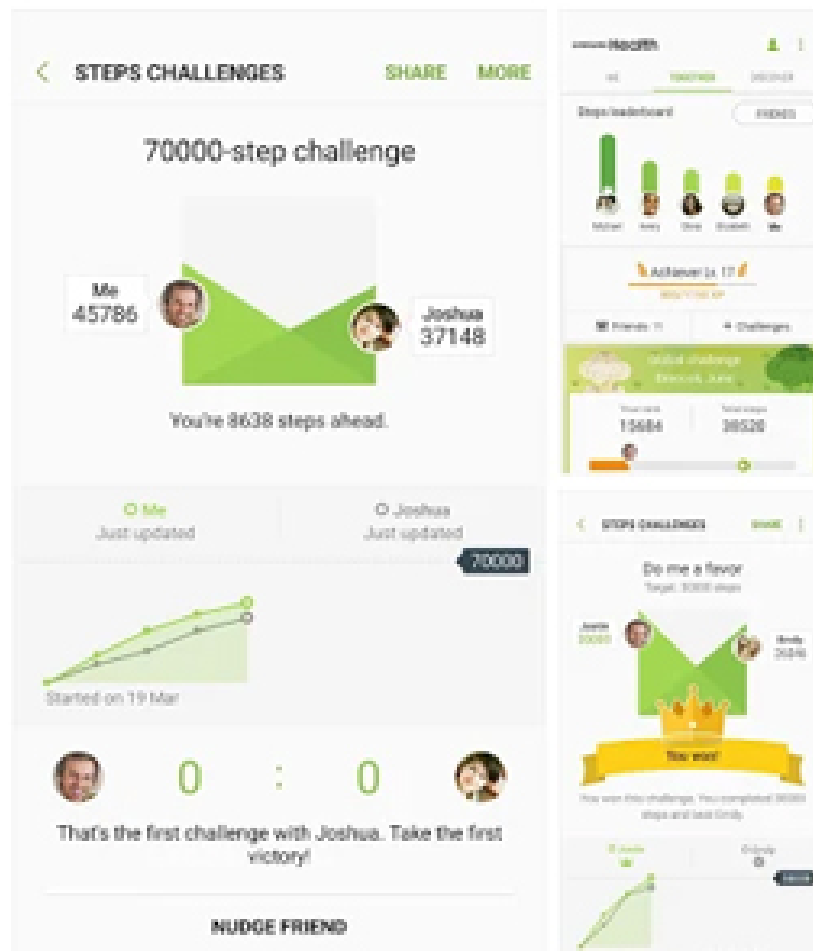
1. Check out the health situation through exercises.
2. Giving health exercise goals.

- 3. Measuring health indicators such as heart rate, blood pressure, .
- 4. Able to be compatible with Android devices with configuration 4.4 and above.



Have Fun Challenging Friends

Invite a friend to join you in a challenge.
Getting fit is more fun with friends.



3. MyFitnessPal application

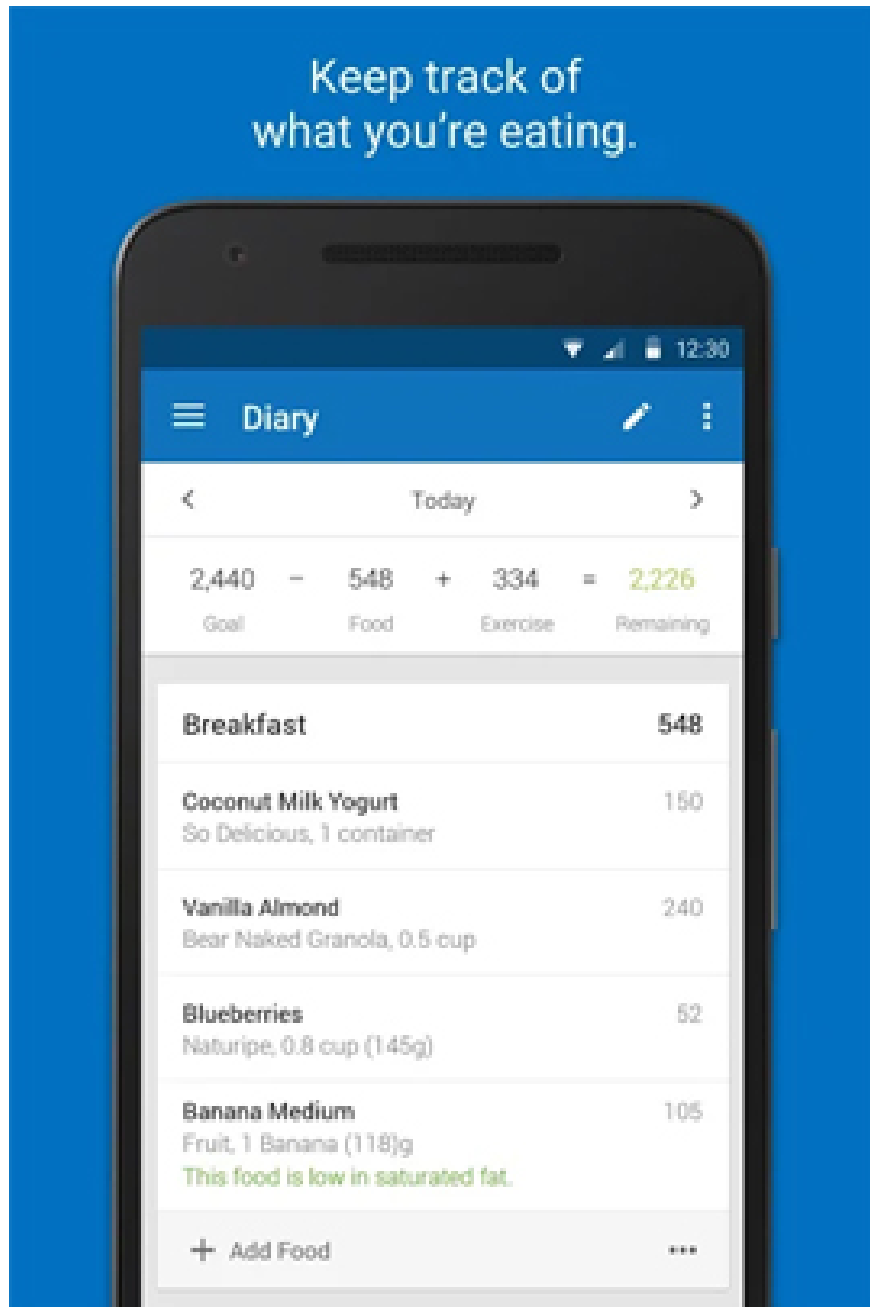
1. Download the MyFitnessPal Android app
2. Download MyFitnessPal iOS

MyFitnessPal is the ideal app for those who want to lose weight through general exercises, or exercises for waist, chest, and energetic dishes for exercises.

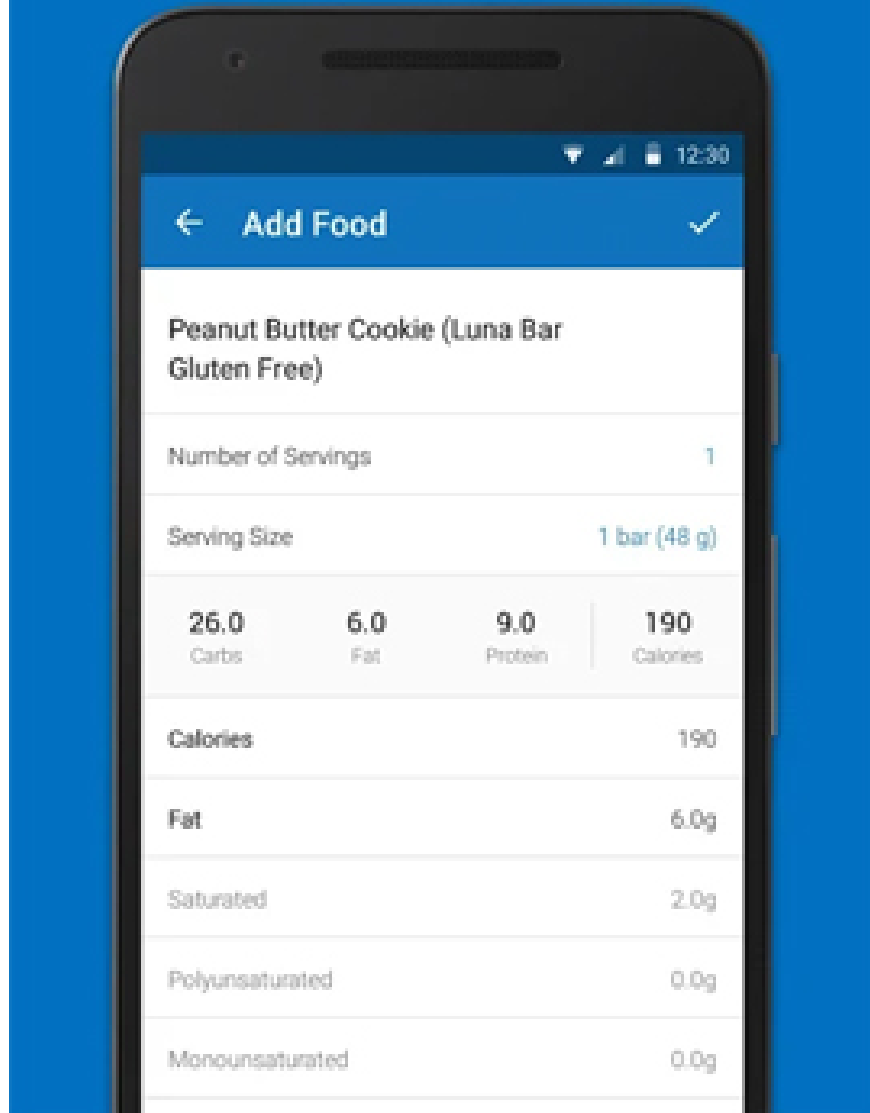
Like other health monitoring and physical improvement applications, the app also has exercises and diagrams to monitor health through exercises. Besides, the diet is also applied to track calories, fat, protein, sugar, fiber, cholesterol, . Thus, users can adjust the diet accordingly. than.

Main features of MyFitnessPal:

1. Provide physical exercises needed to lose weight.
2. Synthesis of dishes providing adequate nutrients, ensuring exercise regime as well as daily life.
3. Calculate nutrients through the diet you enter.



More than 6 million foods
in our database.



4. Runkeeper application

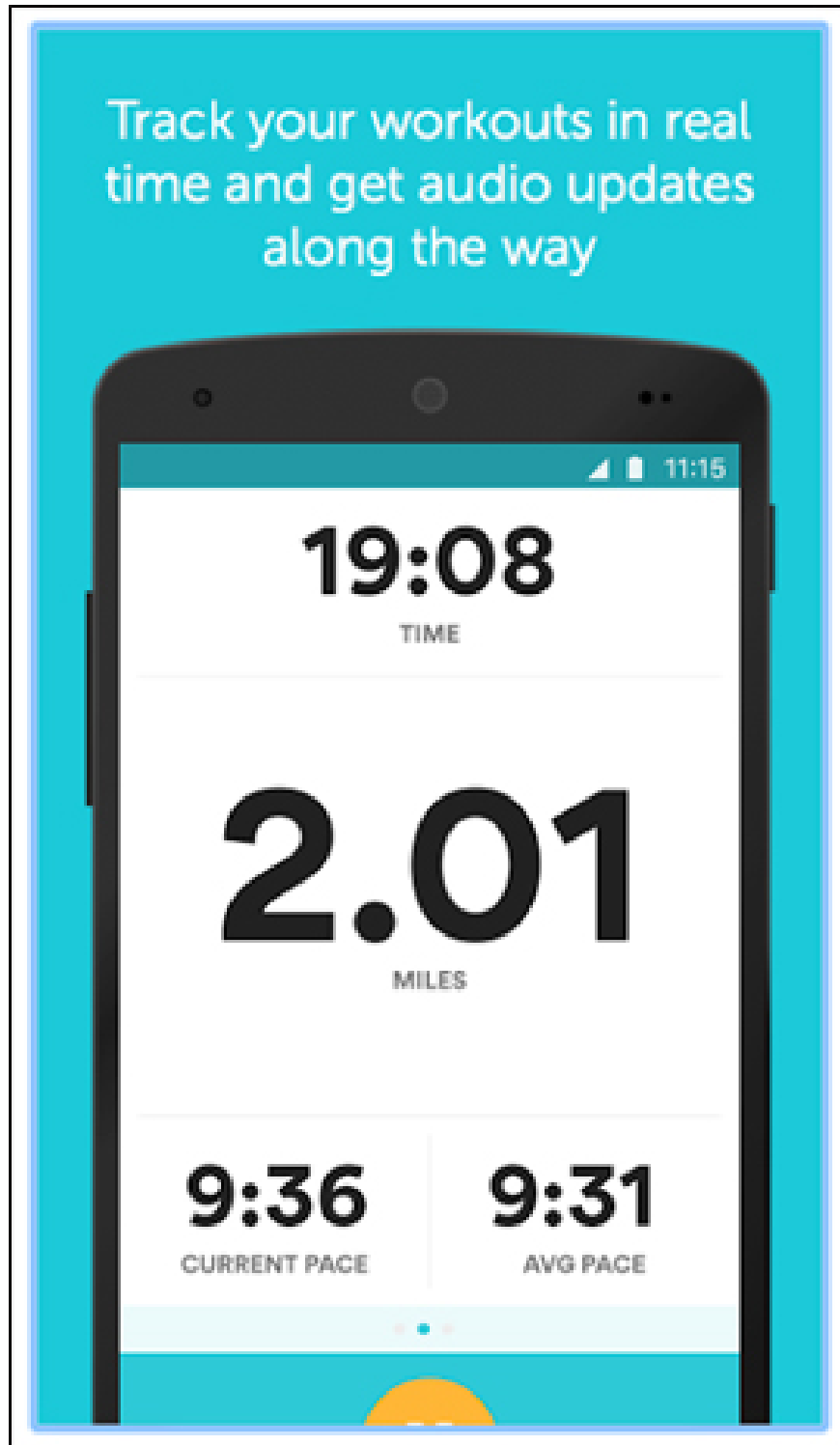
1. Download the Android Runkeeper app
2. Download the iOS Runkeeper application

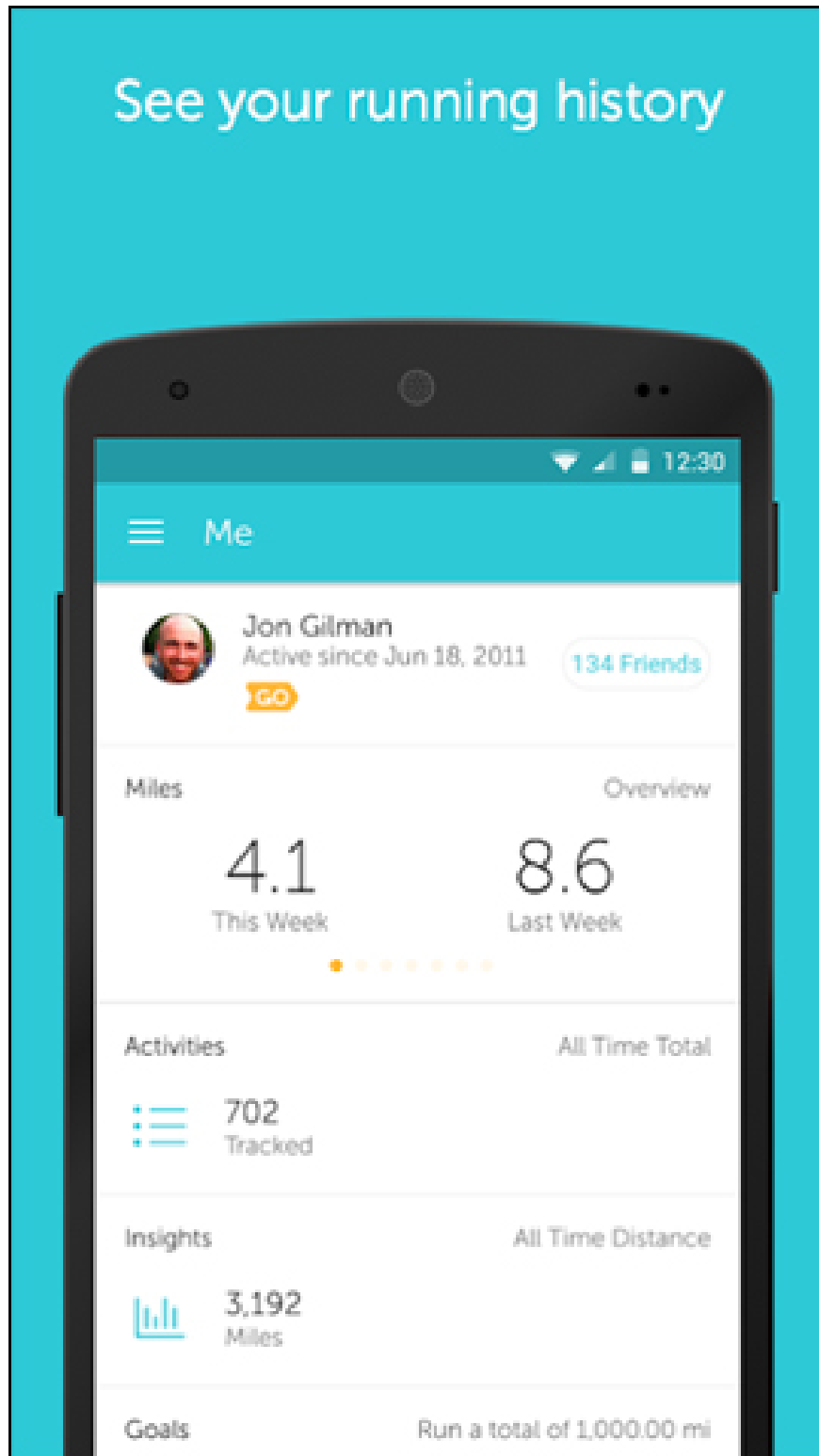
Runkeeper focuses on jogging exercises to track users' health. Jogging also needs a scientific and reasonable calculation to suit each person's condition. Application to manage jogging activity, check runtime, running speed, running distance. For those who have not done correctly, the application will give advice through their smart calculation ability.

Main features of Runkeeper:

1. Track user activity.

2. Exactly check the effectiveness of exercises through time, speed, distance.
3. Save the data for users to check and compare.

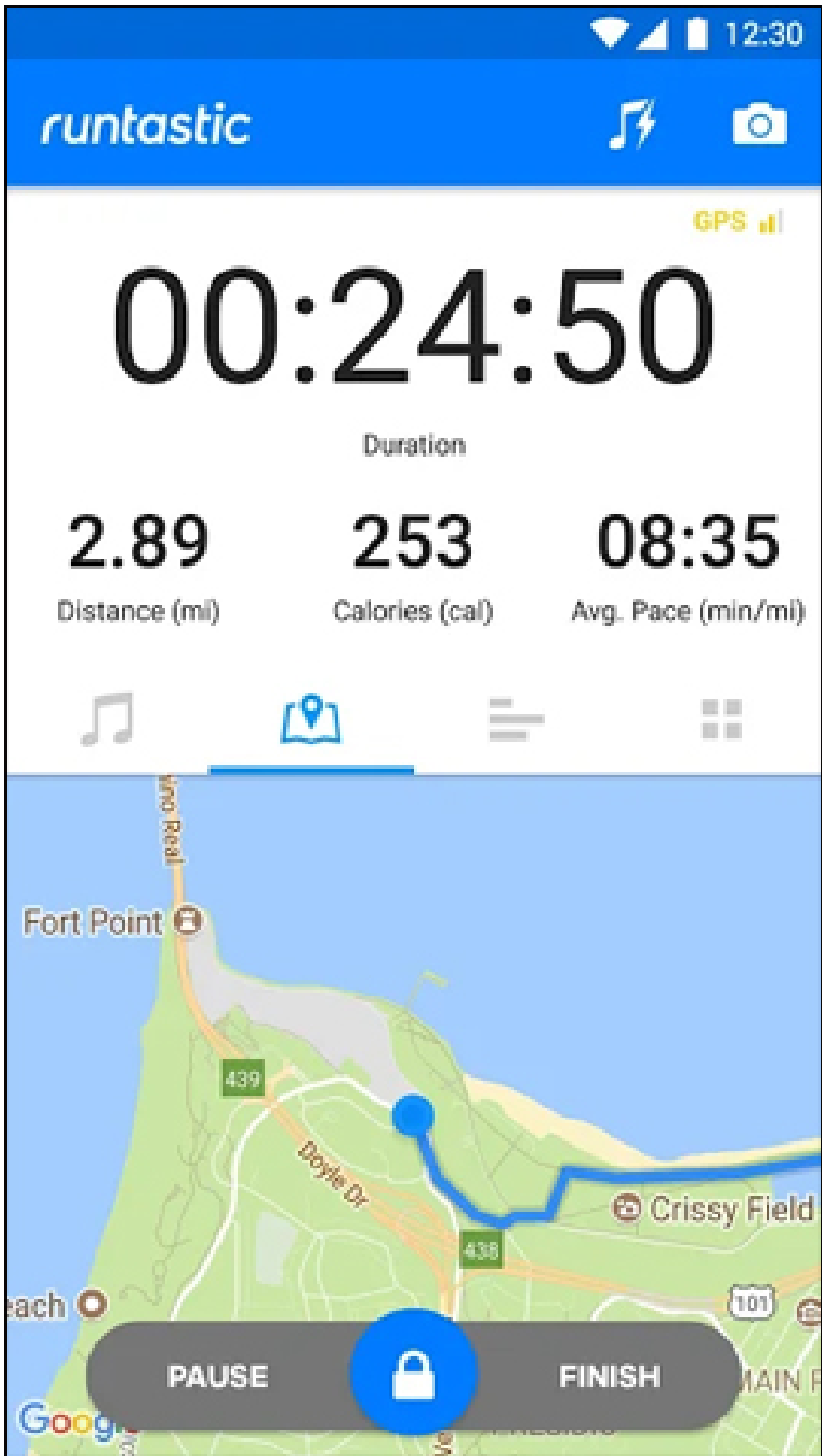




5. Runtastic Running And Fitness application

1. Download Runtastic application for Android






Like the above application, Runtastic application will improve user health through running, jogging, running maratong, etc. Users will choose the exercises that the application provides and follow. These exercises are organized according to a scientific curriculum, from low to high to match each person's fitness.



Progress

RECENT ACTIVITIES

[SHOW MORE](#)

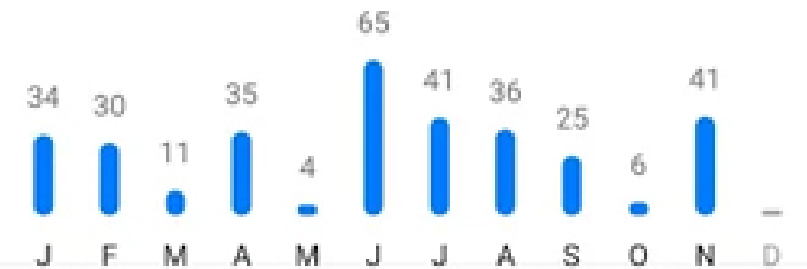
-  **13,38 mi**
02:04:15 Mon, 11/13/17
-  **3,10 mi**
00:25:00 Fri, 11/10/17 
-  **5,50 mi**
00:48:15 Fri, 11/10/17 

[ADD AN ACTIVITY MANUALLY](#)

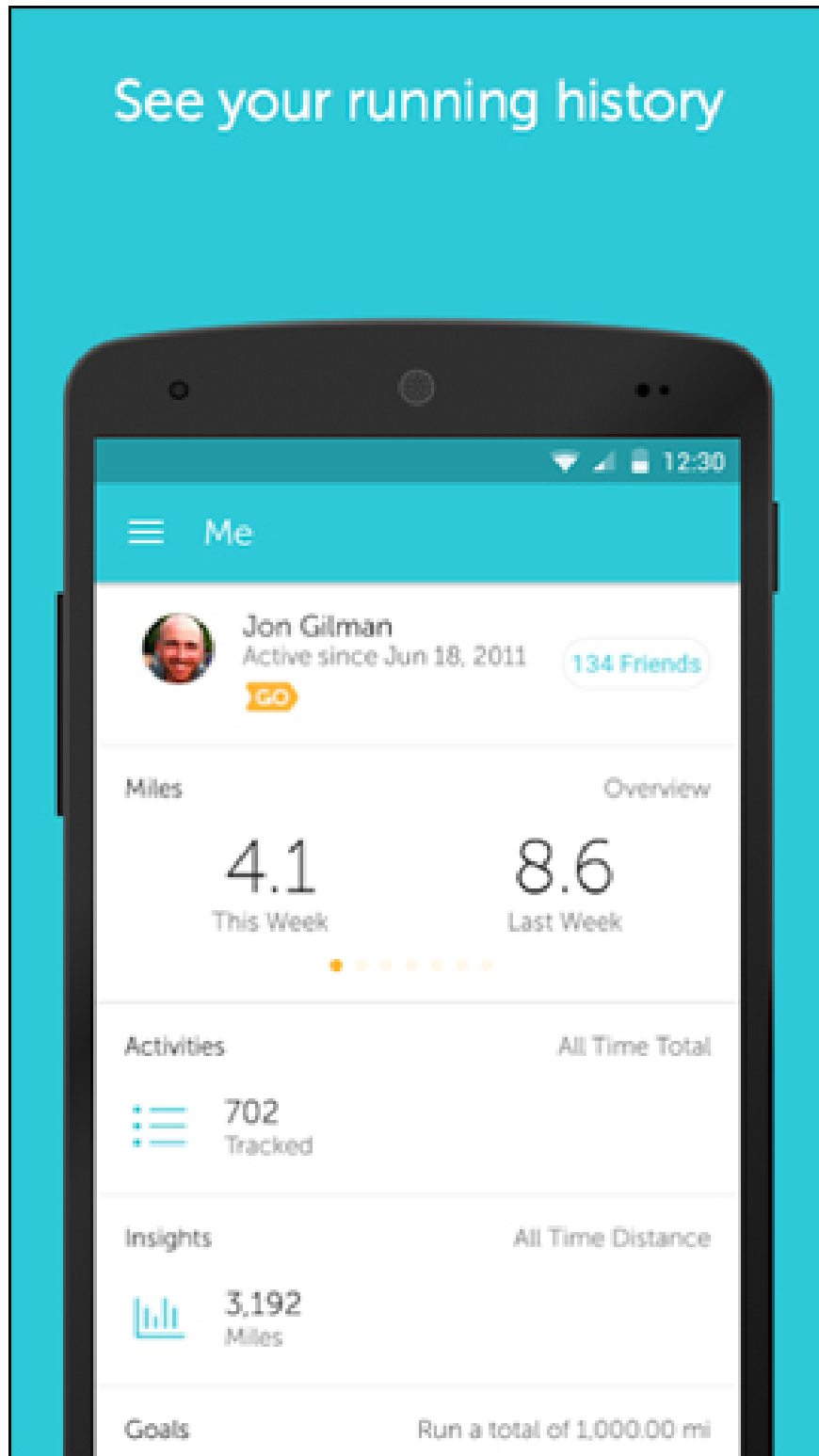
STATISTICS

[SHOW MORE](#)

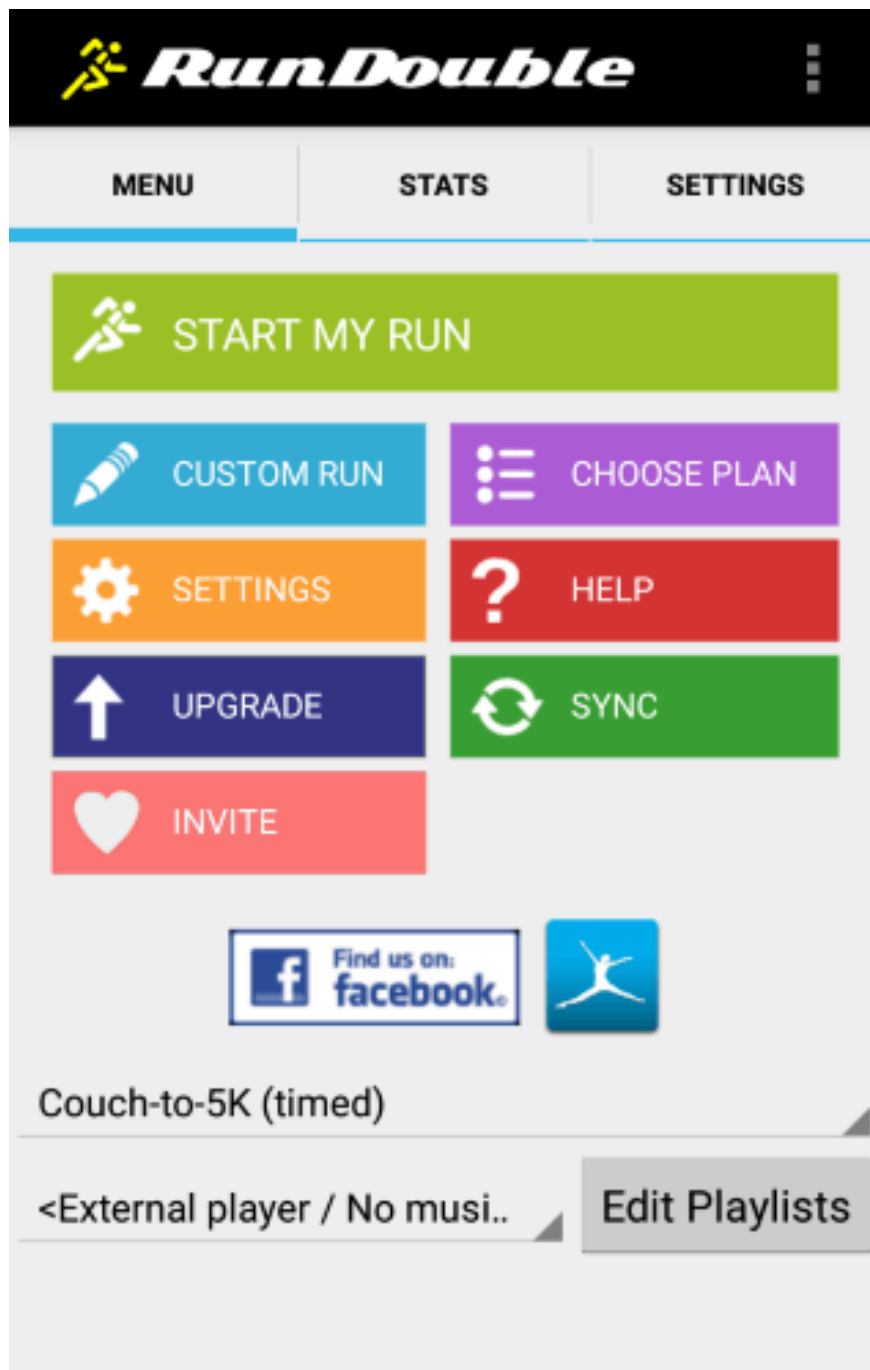
23 Activities - Avg. Pace: 08:34 min/mi



See your running history



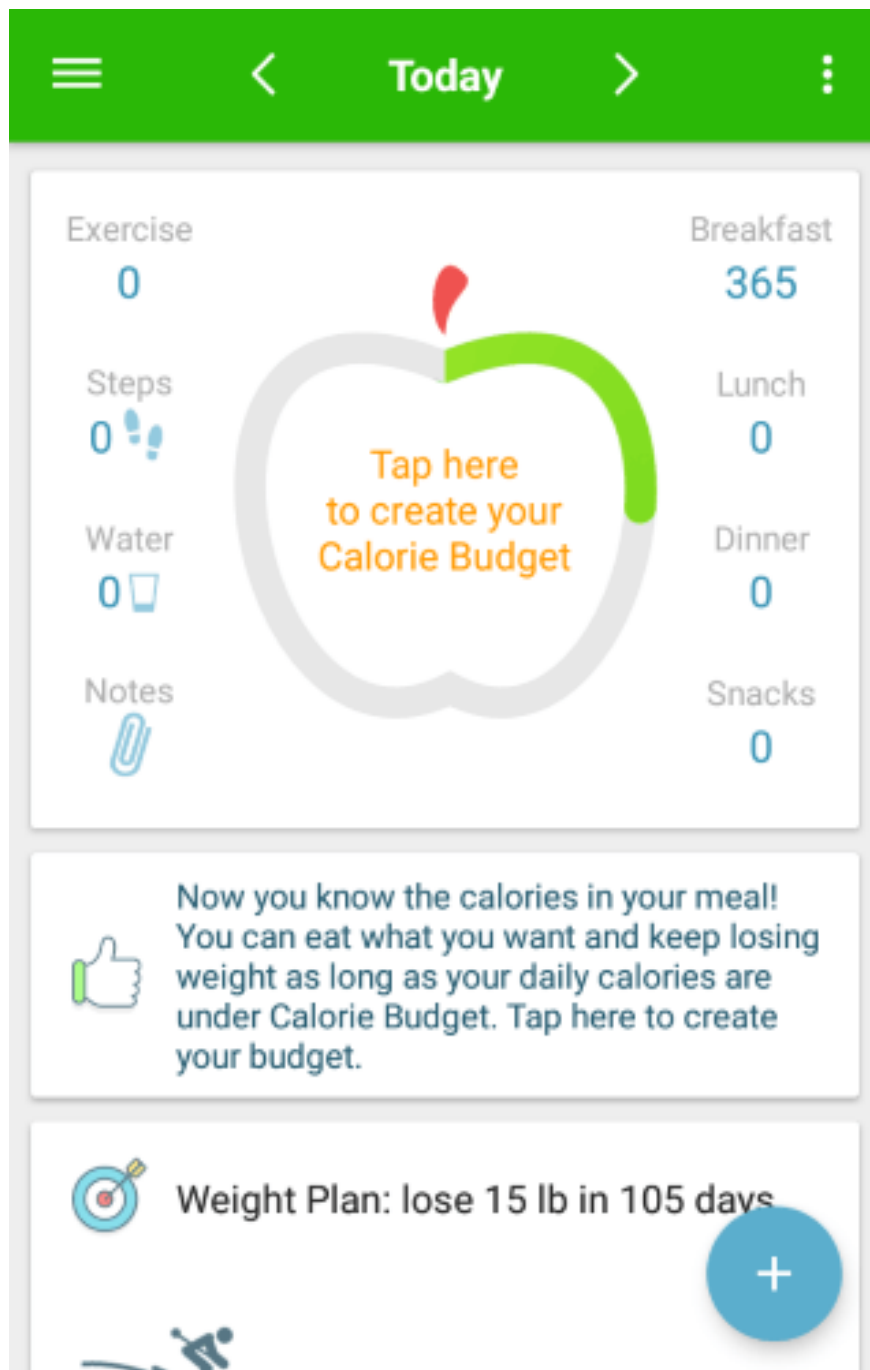
6. Couch to 5k



Couch to 5K is a well-known exercise program. The purpose of the application is to bring users into a running exercise program that is 5 kilometers away and gradually increases activity after each week. The application will prompt you when to start running and when to end. In addition, it also features music playback while running.

Couch to 5K download link

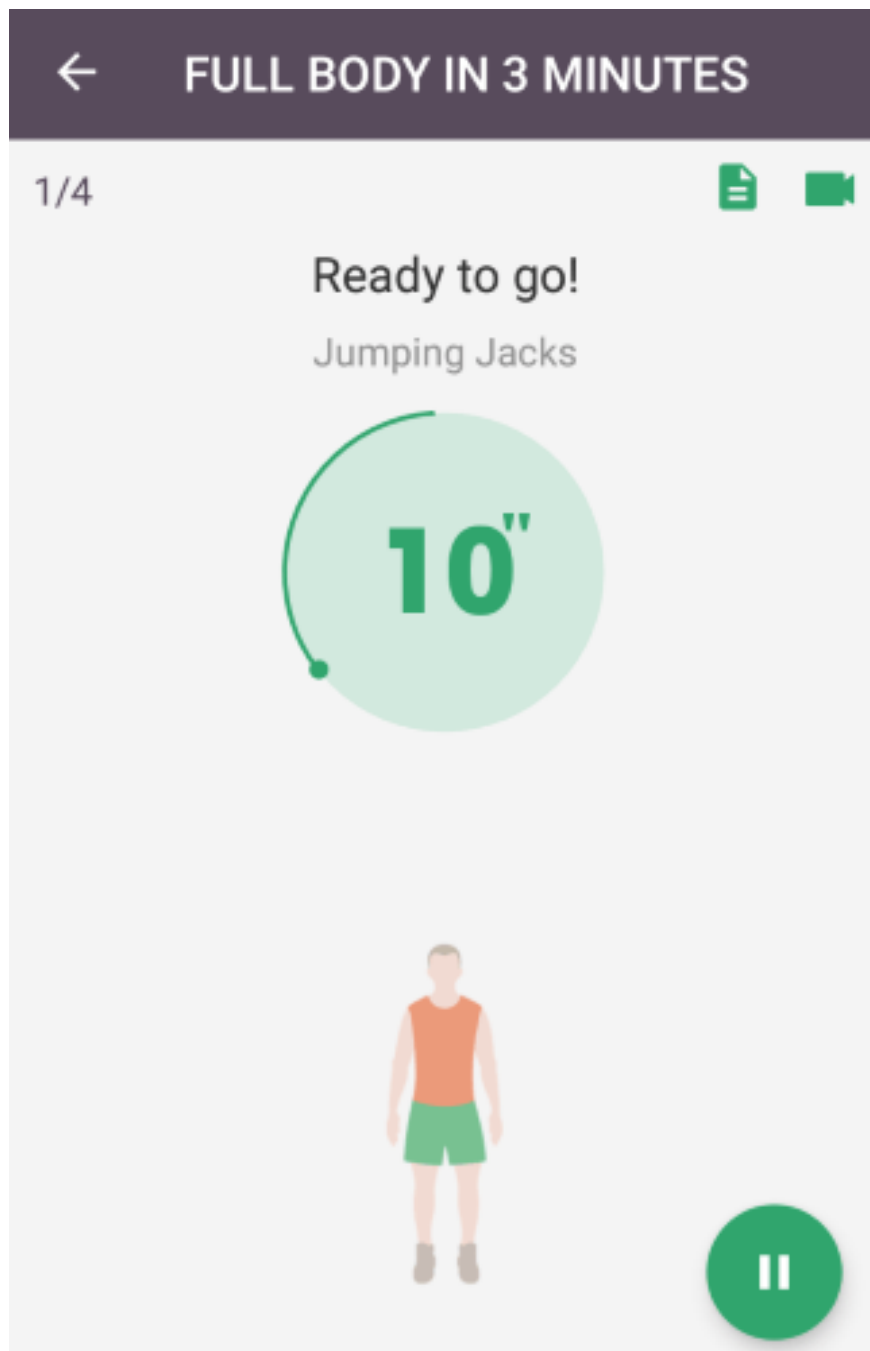
7. Calorie Counter



Calorie Counter - MyNetDiary is great app to keep track of what you eat. The application has a huge food database that lets you search for calories in each food. If you are in a store and wondering between two products, Calorie Counter can quickly provide you with the information you need. It also has the ability to track all your activities and upload this related information to services such as BitFit.

[Link to download Calorie Counter](#)

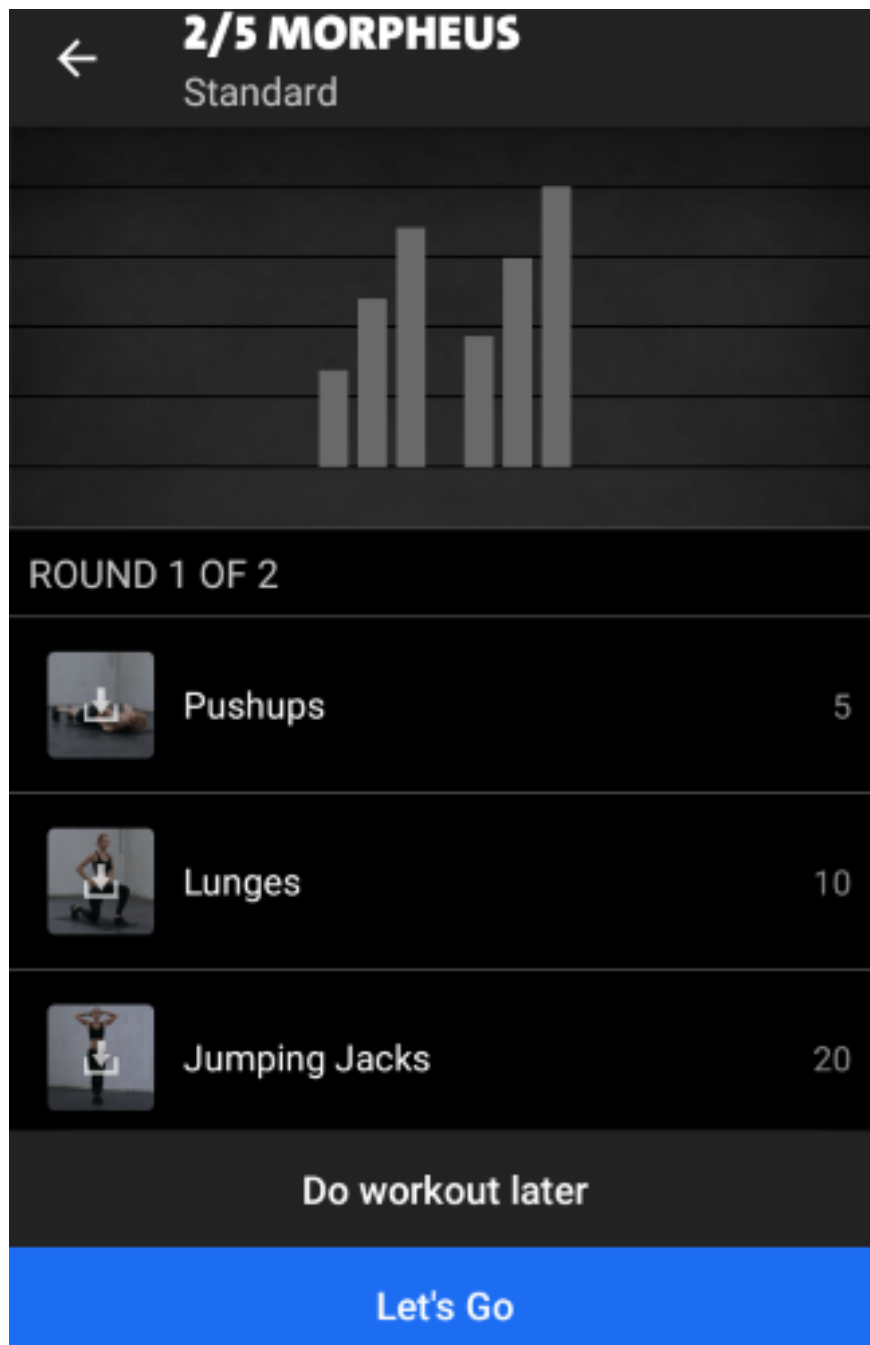
8. Home Workout



If you are new to exercise and have no idea to practice, Home Workout is a great way to get started. This app has many different exercises for you to try. You can choose a practice you want. Each exercise has illustrations and a detailed description of how to practice. The best feature of Home Workout is the ability to select the body area you want to improve. At that time, you will receive a complete and complete exercise regime to begin practicing with that area.

Download Home Workout

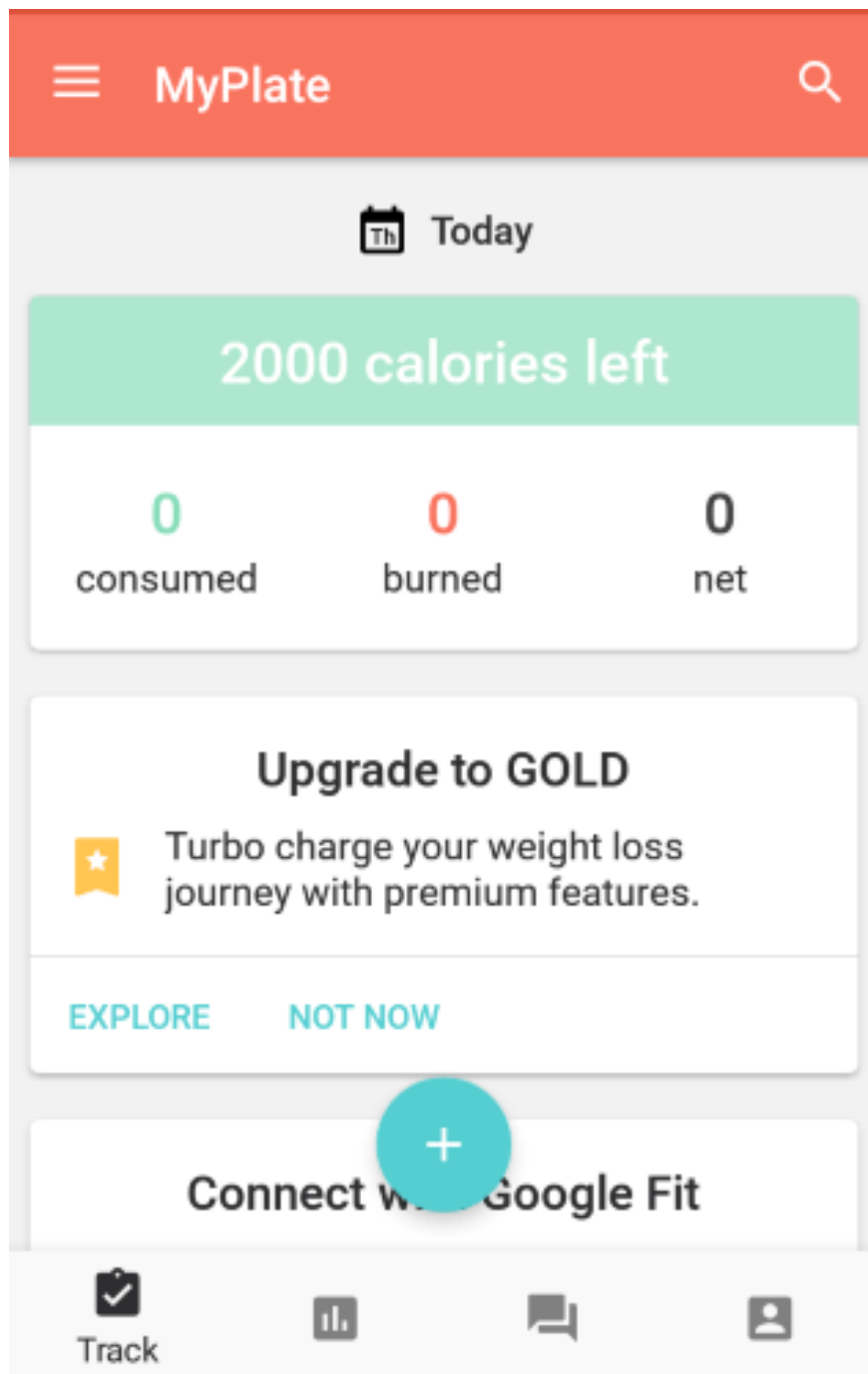
9. Freeletics



If you want to exercise without using other tools, you can choose Freeletics. The app provides many exercises that do not require additional tools or equipment. You can set goals in the application, including specific dates to practice. The application even has the option of "2 × 2", providing you with exercises that can be done in the 2 × 2m area. It's perfect for people who don't have the space to practice.

Download Freeletics

10. MyPlate Calorie Tracker



MyPlate Calorie Tracker is a great tool if you have a specific calorie goal. The application allows setting the maximum calorie goal that you are loaded in the day. You can use the app's food database to measure main meals and snacks and then compare your calorie goals. The application has its own community, where you can share successful weight loss stories or snacking sadness with those who are on the same diet!

Download MyPlate Calorie Tracker

See more:

1. Top 10 smartest Android notification management apps available today
2. Top 9 best antivirus applications for Android devices
3. Top 6 quality Android phone screen video recording applications

4. Small tips for adding background music when opening apps on Android

You finished reading the article "**Fitness apps on the phone**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
