

Introducing Steppin: The App That Blocks You From Social Media Unless You Go Outside and Walk

The app is called Steppin, and it won't let you continue scrolling through social media until you get up and walk around for a bit.

If you've resolved to exercise more in the new year, but the only thing you're doing is scrolling, there's a new app you might want to check out. It's called Steppin, and it won't let you continue scrolling through social media until you get up and walk around a bit.

Steppin app lets you trade walking time for social media time



In a press release to TechCrunch, Kayak creator Paul English announced a new service that helps people take back control of their lives. Using the app, you can set how many steps you need to take to earn a minute of social media. You can set up emergency access in case you need to open the app early, but otherwise you won't have time to browse unless you go out and walk.

It may sound like it's only for teens, but Paul feels the app's reach goes much further:

It really applies to everyone. We've found that just talking to friends and family, a lot of parents are saying, 'I want my kid to have this app, my 12-year-old is addicted to his phone.' And then some adults are saying, 'I have this problem myself, it's not just Gen Z, I find myself on my phone too much and not leaving the house much.' So Steppin is attracting interest from all ages.

If you want to walk more and stare at your screen less, you can download the app from the iOS store, with an Android version coming soon. It's free for now, but Paul is considering adding an annual fee of around \$20 if the app proves successful. And if the app isn't enough to keep you scrolling, check out these ways to avoid mindless social media scrolling.

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