

# Fitness Apps for Motivation and Fun

It's February, and the New Year energy is still pretty high, but your clients and class participants may still need a little push to help them reach their goals. As a fitness professional, you may also appreciate reminders to stay on track. Use smartphone and tablet apps to keep motivation and momentum strong.

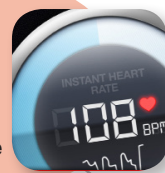


Small bursts of activity count! The **7 Minute Workout Challenge** is a research-backed workout that clients can do pretty much anywhere.

Create an enticing challenge or game for your clients with **ChallengeLoop**. Share your goals, track progress, and expand everyone's support system.



It's easier to see improvements if you track them. **Instant Heart Rate** measures and tracks heart rate to show real-time charts, timelines and trends.



Don't forget the mind while you're working the body. Promote meditation and well-being with **Guided Mind**, which "cultivates clarity and control over thoughts, feelings and emotions."



Some days are harder than others. **Daily Fitness Quotes—FitQuote** generates motivational fitness remarks to help your clients achieve their goals and remind people why they chose you to help them.



Money can be very motivating. **PocketPayPOS** offers a point-of-sale system and concierge service to make mobile payments quick and easy for clients.



Exercise is only part of the equation; nutrition is important too. Encourage clients to empower themselves with **Fooducate**, which "grades" food, explains ingredients, and offers healthier options.

