

# Use Technology To Keep You Fit!

## Fitness Apps

An abundance of fitness apps are available for Smartphones and other electronic devices that can help you create and stick with your fitness plan. Whatever your physical activity interests are, you can be almost sure to find an app to help you out.

## Track your Progress

Global Positioning System (GPS) on some watches and phones can be used to track your distance, pace and energy expended. This information can then be downloaded to your computer, allowing you to keep an online record of your physical activity stats.

## Online Social Networks

Create or join a Social networking group, such as Facebook or Twitter, in which you can post your physical activity progress. These groups can also provide you with the social support and motivation you need to help you stick with your goals and succeed.

## Pedometer

Another great, easy-to-use gadget is a pedometer. Just clip this small device on your belt, and it will keep track of every step you take. Keep in mind that adding small Activity periods throughout your day ends up making a big difference! Aim for 10,000 steps a day, but know that every step you take counts and will get you one step closer to achieving your fitness goals.



For more physical activity information, visit [www.in-motion.ca](http://www.in-motion.ca)