



Workout Apps

- 8fit
- Seven
- Aaptiv

The logo for 8fit, featuring a white star on the left and the text "8fit" in white on an orange rectangular background.The logo for MyDiabetes Education, featuring the text "MyDiabetes" in orange, a star icon, and the text "Education" in teal.

How does it work?

- A lifestyle coach app to help develop healthy habits by teaching users about health and nutrition combined with a tailored exercise plan

Features

- Personalised workouts lasting from 5–20 minutes
- Provides tailored meal plans, shopping lists and workouts
- Provides education around healthy eating and nutrition
- Allows users to set health and wellbeing related goals and may support games and challenges around achieving that
- Uses the data it has to provide automated advice and guidance about a user's health

8fit

MyDiabetes★Education

- Allows users to record relevant wellbeing information either manually or automatically using connected apps or devices
- Over 350 guided exercises with a variety of levels to progress through
- Has its own or provides access to social networks relevant to its area of focus

Cost

- Free to download with options to go pro at different payment levels

Seven

How does it work?

- A fast science-based app that delivers personalised workouts in 7 minutes

Features

- Provides guidance and support from a certified trainer
- You can work out anywhere and anytime and no equipment is needed
- Option to link up with friends for support and to compete against
- Create your own workout tailored to your needs and preferences
- Helps set a habit of working out with a daily workout challenge
- Set your own goals and fitness level

Cost

- Free to download with the option to subscribe to the premium 7 club which costs £7.75 a month or £46.50 yearly

How does it work?

- Audio-based fitness app that delivers personalised fitness instruction

Features

- Thousands of trainer-led music-driven workouts
- 30+ new classes added every week
- Fitness classes for every fitness level
- Has training programs for 5K and 10K
- Allows you to set health and wellbeing related goals and tracks your progress
- Customise your workout by choosing duration, trainer, music and whether you're at home, the gym or outside

Cost

- You have to purchase a subscription which works out at £10.60 per month or just over £70 a year



Walking Apps

- Fitbit
- MapMyWalk
- Active 10

How does it work?

- Designed to help users live a more active lifestyle which tracks all-day activity, workouts, sleep and more

Features

- Tracks steps, activity, distance, time and pace for walks and runs
- Fitbit device records heart rate that you can analyse to see trends and progression over time
- Log food with a barcode scanner, calories estimator and nutritional breakdown
- Has its own or provides access to social networks relevant to its area of focus
- Allows you to set health and wellbeing related goals and may support games and challenges around achieving that
- Use the fitbit tracker to record exercise and the stats will appear in the app

Cost

- You need to purchase a Fitbit which start at £49.99. To access audio & video guided workouts you need to subscribe to Fitbit premium

How does it work?

- Designed for all fitness levels

Features

- Connects with other apps and wearable activity trackers
- Real-time audio coaching on every GPS tracked walk and view the route you took on a map
- Use the routes feature to find nearby walks, save, add and share your own routes with others
- Analyse your walk with detailed stats such as distance, pace, duration, calories burn and elevation
- Track your progress and set personal goals
- Share your progress with others through the community and you can connect to your twitter and facebook accounts
- Join challenges and compete with others

Cost

- Free to download with the option to subscribe to the premium plan which costs £4.65 a month or £23.25 annually

Active 10

How does it work?

- The Active 10 walking tracker app shows how much brisk walking you're doing and how you can do more

Features

- Breaks down your target into manageable chunks of 10 minutes of brisk walking
- Alerts you when you're walking at the correct speed
- Gives you goals to work towards
- Rewards your progress
- Shows where you can convert normal walking into Active 10s
- Provides hints and tips

Cost

- Free to download with no in-app purchases



Running Apps

- Couch 2 5K
- Nike Run Club
- RunKeeper

Couch 2 5K

MyDiabetes★Education

How does it work?

- A running plan for absolute beginners, NHS Couch to 5K will help you gradually work up towards running 5K in 9 weeks

Features

- Tried and tested programme with over 2 million graduates
- Available as an app or podcasts that you can download
- Works alongside your preferred music player
- Lets you track your progress and awards your achievements as you move through the programme
- Go at your own pace and lets you rate how you feel after each session
- Connect with other users through the Couch to 5K HealthUnlocked community forums
- Gives tips and advice for new runners, as well as success stories to keep you motivated
- Choice of 5 celebrity trainers to support and motivate you in your journey

Cost

- Free to download with no in-app purchases

How does it work?

- Provides you with the tools to help you run better and reach your goals

Features

- Integrates with Android Wear OS supported devices
- Tracks and stores run stats such as distance, pace, duration, elevation, GPS route, heart rate and mile splits
- Audio feedback from Nike coaches and elite athletes to give you guidance and keep you motivated.
- Join the Nike global community of runners in weekly or monthly challenges or create your own challenge
- Coaching plans personalised for you at all fitness levels
- Earn milestone badges and trophies
- Compare and compete with others on a leader board

Cost

- Free to download with no in-app purchases

★ RunKeeper

How does it work?

- Reach your running goals using the RunKeeper app – whether you're just getting into running, training for a race or trying to set a personal best

Features

- Track activities like running, walking, cycling or hiking with GPS or manually
- Set goals and track your progress over time through the recorded stats
- Choose from 6 motivating voices to relay your pace, distance and time
- Integrates with Spotify and iTunes
- Join in-app challenges, get exercise rewards, join virtual running groups and share achievements
- Integrates with other apps and activity trackers such as Fitbit, Garmin and Apple watch
- Syncs with wireless headphones through Bluetooth connectivity

Cost

- Free to download with no in-app purchases



Mixed Apps

- Daily Yoga
- Strava: Running, Cycling & Swimming

Daily Yoga

MyDiabetes★Education

How does it work?

- A yoga app that offers classes and plans from beginners to advanced

Features

- Over 50 yoga class plans and workshops for beginners; advanced; toning and wellness
- Over 500 yoga poses with audio instructions
- Over 200 yoga classes with monthly updated HD videos
- Choose your length of session from 5 – 70 minutes
- Specially designed meditations with an online coach guide
- Available in 7 different languages
- Community page to share tips and support
- Personalised yoga plan based on your goal

Cost

- Free to download, offers in-app purchases for additional workouts and functions

How does it work?

- Track your fitness with Strava activity tracker. Record your run, map a cycling route and analyse your training with all the stats

Features

- Tracks distance, swim pace, cycle speed, elevation gained & calories burned
- Map your route with the large network of trails available
- Record your own route through GPS and share to your friends and followers
- Join monthly challenges and compete with others
- Strava also tracks a range of other sports such as skiing, crossfit, rock climbing, kayaking, surfing and many more

Cost

- Free to download with the option to purchase their premium service which offers personalised training plans