

Physical Activity Websites and Apps for Adults



Get Motivated and Make a Plan

The Anatomy of a New Fitness Routine

Vibram Fivefingers

http://www.vibramfivefingers.com/education/anatomy_of_a_new_fitness_routine.htm

A chart with exercise tips and advice to help you establish a successful and long-lasting exercise routine.

Make an Exercise Plan and With a New Fitness Routine, Take It Slow

Vibram Fivefingers

www.vibramfivefingers.com/education/fitness_survey_says_make_an_exercise_plan.htm

www.vibramfivefingers.com/education/take_it_slow.htm

Articles to help you think through a realistic and gradual plan for building exercise into your life.

Ideas for Exercising

Active at Any Size

National Institute of Diabetes and Digestive and Kidney Diseases

<http://win.niddk.nih.gov/publications/active.htm>

A guide to being physically active for people of any size.

The Benefits of Exercise for Seniors

National Institutes of Health

<http://nihseniorhealth.gov>

Information on the benefits of exercise for seniors, tips to create an exercise plan, and exercises to try for endurance, strength, balance and flexibility (click on the letter "E").

Exercising for a Healthy Life

Medline Plus, U.S. National Library of Medicine, and the National Institutes of Health

www.nlm.nih.gov/medlineplus/tutorials/exercisingforahealthylife/htm/index.htm

An audio tutorial covering the benefits of exercise, tips for starting, resistance training, aerobics and risks to avoid.

Fitness: Walking for Health

<https://members.kaiserpermanente.org/redirects/listen>

An audio podcast that explains how to walk to get exercise benefits and helps you define your personal walking plan.

Get Moving: Easy Tips to Get Active and Start Walking Program

American Heart Association

www.heart.org

Tips on simple ways to build physical activity into your daily life (click on "Getting Healthy" and then "Physical Activity"). The Start

Walking Program has tools to help you create a walking plan, track your walking, and start a walking club in your area.

Growing Stronger: Strength Training for Older Adults

Centers for Disease Control and Prevention

<http://www.cdc.gov/physicalactivity/growingstronger/index.html>

Information on why strength training is important for older adults as well as coaching tips and specific exercises, organized by fitness level.

Physical Activity for People with Diabetes

University of Pittsburgh Medical Center

www.upmc.com/patients-visitors/education/diabetes

Information on how to exercise safely when you have diabetes (click on "Nutrition and Physical Activity for People with Diabetes").

Fun Training Plans (You Can Do Them!)

From Couch to 5K

www.fromcouchto5k.com

A 10-week training plan that gradually brings you from the couch to jogging for 30 minutes.

One Hundred Pushups Training Program

www.hundredpushups.com

A gradual training program that starts with one pushup and builds up to 100 pushups in six weeks.

Also try: Two Hundred Squats www.twohundredsquats.com

Two Hundred Situps www.twohundredsitups.com

Free Fitness Music and Online Videos

Fitness TV Videos on Demand

www.fitness.tv/videodemand.html

Free fitness videos.

Free Workout Music Online

Free workout music is available from these websites and apps. Enter search terms like "Zumba fitness" or "dance cardio."

Pandora www.pandora.com

8 Tracks www.8tracks.com

Grooveshark www.grooveshark.com

Jango Music Network www.jango.com

Fit Radio App www.fitradio.com

Podrunner www.djsteveboy.com/podrunner.html

(also has an app)

More Resources on Next Page...

Montefiore
Inspired Medicine

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Free Fitness Music and Online Videos (continued)

LivestrongWoman Online Fitness Videos

www.youtube.com/user/livestrongwoman

Free online fitness videos including toning, cardio, pilates and yoga.

“Movimiento Por Su Vida” CD Tracks

National Diabetes Education Program,
Centers for Disease Control and Prevention

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=69>

Six free lively Latin music tracks with healthy messages.

Online Fitness and Yoga Workouts

SparkPeople

www.sparkpeople.com/resource/videos.asp

Free fitness and yoga videos.

Track Your Progress (Websites and Apps)

Journal of Training (Jot)

www.entryworks.com/journal.html

A free program to help you keep track of your workouts and sports activities.

Lose It!

www.loseit.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

Map My Run

www.mapmyrun.com

A free online tool or smartphone app that allows you to map your run, walk or bike ride. Mapping your course will help you plan a better route and see how far you've gone.

My Fitness Pal

www.myfitnesspal.com

A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

Nike Training Club

<http://nikeplus.nike.com/plus>

A free app with videos of full body workouts and drills to meet your fitness goals.

RunKeeper GPS

www.runkeeper.com

A free app that tracks your runs, walks, bike rides and hikes using the GPS on your phone, and provides detailed statistics and coaching.