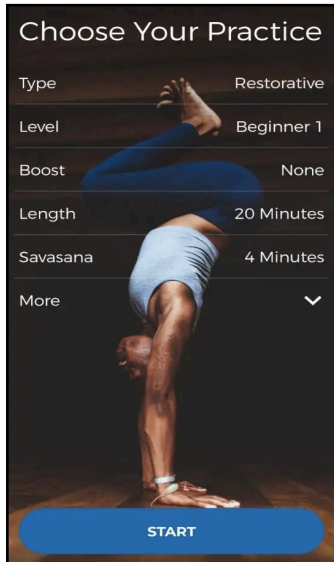


Exercise & Fitness Apps

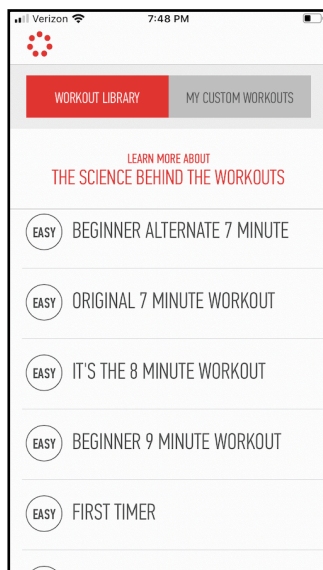
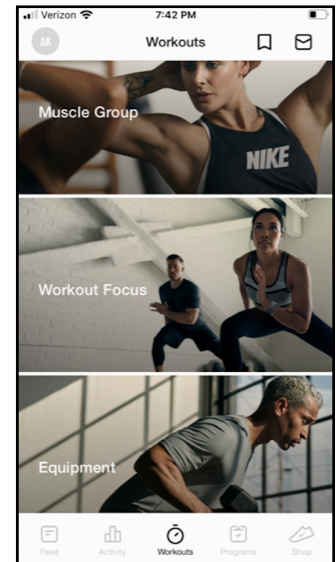


Down Dog Apps: Yoga, HIIT, Barre and 7 Minute Workout - FREE w/ premium membership upgrade
(www.downdogapp.com/)

Yoga for Beginners is completely free, while the other apps require a subscription after initial trial. Subscription grants access to all Down Dog apps with full content. Customize the type of exercise or practice, the target area or focus, the length of time and even the type of music. Never get the same workout twice, as exercises are mixed and matched to create the workout you need at that moment. Download practices to access offline and workout anywhere! Available on Android and iOS.

Nike Training Club - FREE, including Premium content
(www.nike.com/ntc-app)

This app offers 185+ different workouts, from HIIT to yoga to bodyweight workouts. Workout lengths vary based on your current fitness level, require minimal or no equipment, and typically include a warm up and cool down. Search for classes, workout collections or workouts that target specific muscle groups to find the perfect fit for you. Premium content was recently made free indefinitely, giving you even more great programs and collections to choose from! Available on Android and iOS.

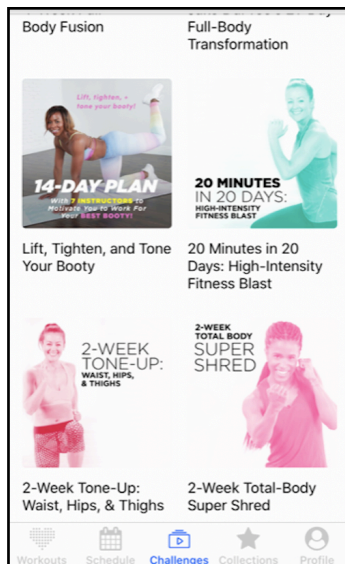
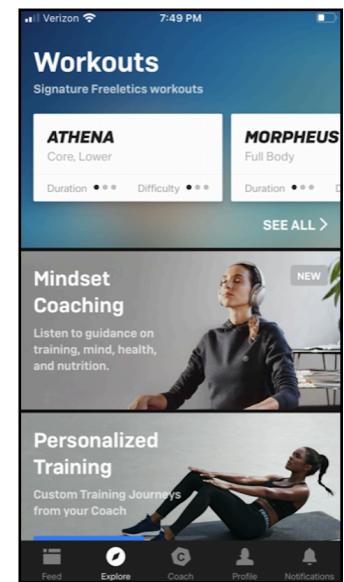


J&J Official 7 Minute Workout - FREE
(www.7minuteworkout.jnj.com/)

This app includes all features at no charge! It provides fast, simple science based exercises that can be done anytime, anywhere. Using Smart Workout Technology, it determines your current fitness and motivation levels to tailor a variety of workouts just for you. Instructional videos are available to ensure proper exercise form for over 72 exercises and 22 complete workouts. Set reminders to keep you on track and connect to your Health App to store your progress. Available for Android and iOS.

FREELETICS Training App - FREE w/ premium membership upgrade (www.freeletics.com/en/training/)

The free version offers 20 HIIT bodyweight workouts, 25 exercises and 20 audio sessions. It also includes mindset coaching for overall wellness, along with dynamic warmups and active cool downs for your workouts. Upgrade to "The Coach" to get the full experience with a virtual coach and personalized plan, or follow a training program based on your personal goals. Available for Android and iOS.

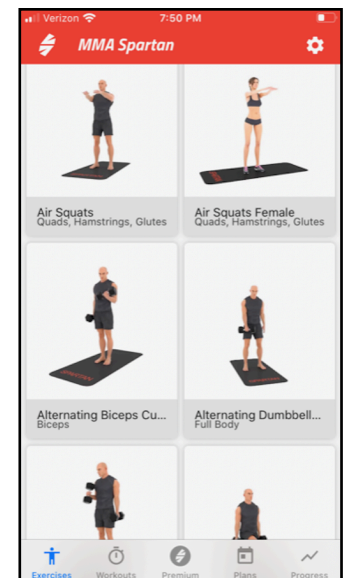


Active by POPSUGAR - FREE (www.active.popsugar.com/)

From boxing to dance, low impact to high intensity, this app offers over 500 workouts from celebrity trainers and fitness professionals. Access 2,3 or 4 week challenges, if structured programs are what motivate you. Minimal equipment required and modifications are shown with each workout to meet every fitness level. Schedule your workouts to keep yourself accountable and save your favorites to easily access later. Available for Android

MMA Home & Gym Workouts - FREE w/ premium membership upgrade (www.spartan-apps.com/)

Offers an extensive exercise library with demonstrations, along with limited training workouts and plans for a variety of fitness levels. You can also customize your own workout plan, track your progress with weight history, calories burned and transformation pictures. Integrates information to your Health App for storage. Upgrade to premium to access all additional content. Available for Android (search MMA Spartan) and iOS.



Contact your onsite Health Coach for help:

Allison Knight, NBC-HWC, NDTR, CPT
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