

# Fitness Advice: Is Fitness Turning Entirely Digital?



By Christa Ganz

With the constant emergence of digital [fitness](#) hardware and software, we ask ourselves an important question: is fitness turning entirely digital? The days of simply timing yourself while running are over. Now, you can pop on your fitness band and track every move through your smartphone. Fitness trackers are designed to keep up with your workout and help you stay motivated, no trainer required. They continue to monitor important features like your heart rate, elapsed time and type of workout. You can even turn to different apps if you get stuck in a routine that's producing slow results.

**Whatever you're looking for in a workout, your smartphone is sure to have an app for that. Whether you want to lose weight, tone down, get a few more steps into your daily routine, or train for a marathon, you're sure to find the perfect app to meet your digital fitness needs.**

### **Runners**

Caught the running bug? [Shape.com](http://Shape.com) offers a selection of the best free apps for runners. Track your time and distance, set goals for yourself, and watch your progress through one of their recommended apps.

**Related Link:** [Fitness Advice: Which Boutique Fitness Studio Is Right for You?](#)

### **Beginners**

If you're looking to ease into a workout from a beginner level, Johnson & Johnson's 7-minute workout has your needs in mind. [HuffingtonPost.com](http://HuffingtonPost.com) tried it out, and warns you that those seven minutes are meant to be challenging! Its digital function is designed to let you decide how long you want to work out.

**Related Link:** [2016's Worst Fitness Trend's That Need to Go Away in 2017.](#)

### **Class workouts**

Are boutique fitness classes more your thing? You're in luck,

because there's an app for that as well. Though a subscription is required, [Aaptiv](#) is less than the cost of a monthly gym membership, and offers unlimited access to your preferred workout. [InStyle.com](#) offers a review of Aaptiv's uniquely designed service.