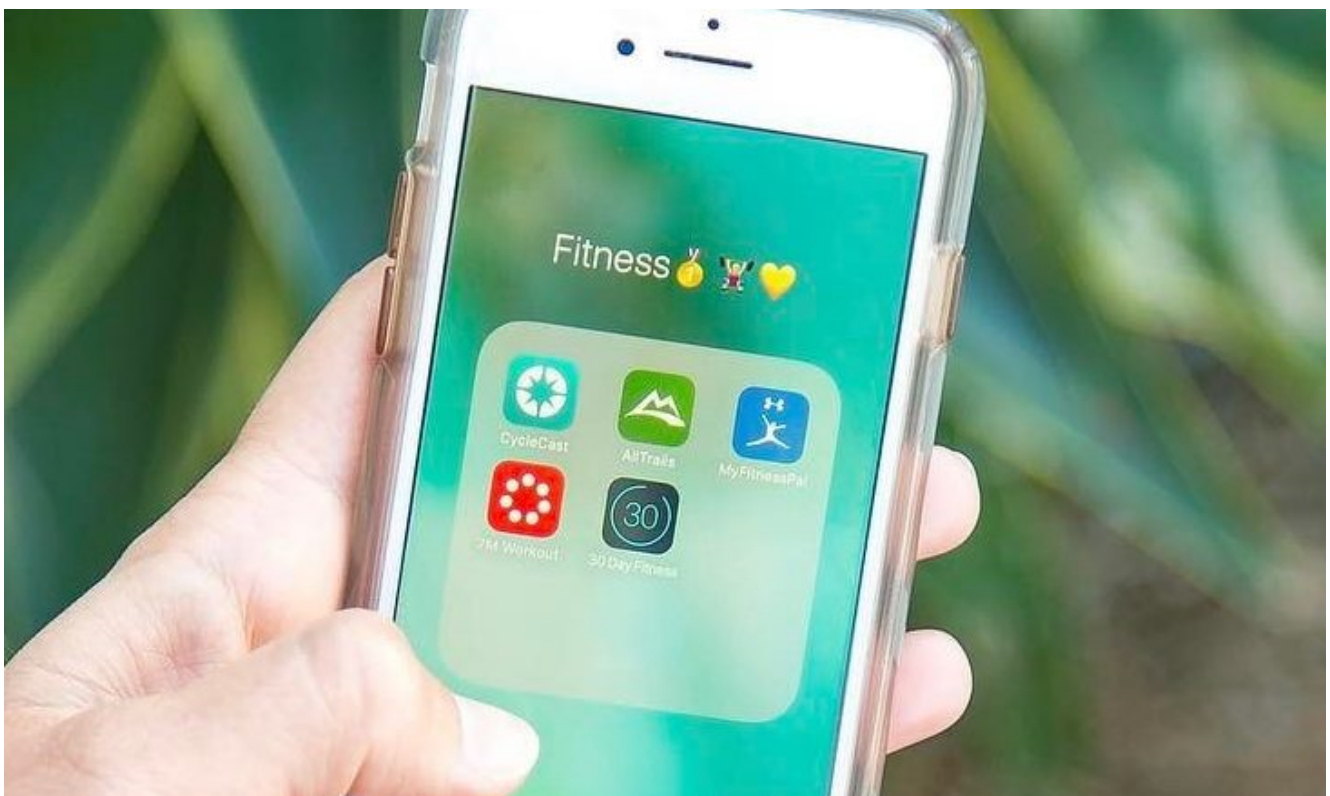


# Fitness Tips: The 5 Best Fitness Apps to Help You Stay on Track



By [Noelle Downey](#)

There's no doubt about it, getting fit can seem like a chore. Whether you're tired of trekking to the gym or just can't seem to keep up in yoga class anymore, there are tons of pitfalls to working out through more traditional methods these days. Not only are trips to the gym or fitness classes tiring, they're also downright time-consuming. If you're struggling to commit to a fitness routine and feel as though your body and figure are paying the price, why not make your workout digital? If you can access everything you need on your phone, from killer fitness tips to coaching encouragements, why

wouldn't you? We here at Cupid's Pulse have compiled a list of some of the best and most fun fitness apps you can easily download to your smart phone to help you on your way to getting that celebrity body you've always wanted.

## **Looking for fitness tips to get the perfect beach bod this summer? Look no further than these five great fitness apps to help you get toned *and* tanned this season!**

**1. Charity Miles:** If you're looking for a way to give back while you train up, look no further than this handy app. Choose a charity you'd like to support from their list of options and then get to stepping. The app tracks your distances and their corporate sponsors donate a few cents to your charity for every mile you walk or run. While it isn't a huge donation, the more people who use the app, the more money each charity will receive, and the extra motivation of helping those less fortunate than yourself might motivate you to push yourself a little harder than you might otherwise have.

**2. Couch to 5K:** If you're struggling to start a good fitness routine and feel as though you need to start from the beginning and work your way up, this app may just be for you. Couch to 5K trains beginning runners and takes them from couch potato to the finish line of their first 5K race in just nine weeks. Carve out thirty minutes a day, three days a week for those nine weeks and you can join them, with this handy app that makes running and getting fit a fun challenge. The Couch to 5K app comes with an interactive coach you can hand select and a welcoming and warm community you can share your progress with. Get on the fast track to a 5K and better fitness today!

**Related Link:** [Fitness Trend: Wearable Technology](#)

**3. FIT Radio:** If you workout best to music but struggle to find tracks that keep your energy up or very rarely have the motivation to create workout mixes of your own, this app is for you. FIT Radio provides you with ready-made mixes and jams that offer a consistent beat, something that's easy to work out to whether you're tearing it up on the track, cycling your way to success, or dancing your heart out in Zumba class. Plus, there's also the bonus of being able to discover new tracks that you love while you're working out, so if you're a music fanatic who is always looking for the next big thing, this is a great way to stay up to date on the music scene while you keep your body in tip top shape.

**4. MyFitnessPal:** If you need help counting calories as well as tracking miles, MyFitnessPal might be your best choice. With a food scanner and a database of tons of foods, this app provides a plethora of data about what you're putting into your body as well as a distance tracker so you can watch your progress and see how what you're eating is affecting your work out routine, and vice versa. Have all the information you need to get the body you've always wanted right at your fingertips with this app that will have you in the know and on the go in no time.

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be for You](#)

**5. FitStar:** If you like customized workouts and going at your own pace, this is the app to get you started. This app creates workouts for you based on your fitness level and you can give it feedback; letting it know which workouts were a little too much for you or which ones didn't leave you breathing hard at all. With this data it'll adjust your customized workouts, giving you the perfect way to find exercises that are just right for your current fitness level. The great thing about this app is that you never need to worry about over-exerting yourself or keeping up in a class, FitStar allows you to work

towards harder and harder exercises at your own pace and in the comfort of your own home.

**Will you be downloading any of these awesome fitness apps to get the celebrity body you've always wanted? Let us know in the comments!**