

Working out a mile

These apps may be useful to help to calculate distance, time and steps taken.

1) Fitbit App Mobile Tracker (No Fitbit Required)



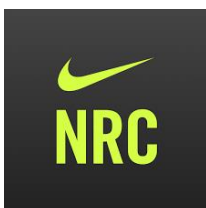
You don't need to own a Fitbit to use the Fitbit app. The Fitbit app can be used to track your walking workouts with GPS as well as your daily steps using the motion sensor on your phone. After downloading the application, and being prompted to select which tracker you are setting up, choose "no Fitbit yet" and it will set up the Mobile Tracker. Following each workout, you can review your route, distance, time, pace, mile split times, calories burned, and steps. You can also challenge your friends with virtual adventure races, if you feel like a bit of friendly competition.

2) Walkmeter GPS



Walkmeter has many fun features to try. View your walks on a calendar or by route. It links with Google Maps so you can see terrain maps, and it even automatically records the weather. Walkers can transfer maps into the app directly from an email or your web browser. There is a Race Compete mode too!

3) Nike Run Club for iPhone or Android



Don't be put off by the name: this app can be used for walking as well. Along with standard route, time and speed tracking, it also has an Auto-Pause which stops recording if you stop moving, so great if you stop and start along your walk.