

App Update For Your Fitness Business

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Choosing the Right Apps For You and Your Clients

- Bells and whistles
- User-friendly
- Budget (free versus paid or in-app upgrades)
- Storage
- Platform

Best Apps for Fitness & Workouts

What You Need to Know About Fitness App Terminology

- Daily activity app versus exercise performance app
- Tracking app versus workout app
 - **workout:** Fitnet, FitStar Personal Trainer, Daily Burn, Nike+ Training Club, Sworkit, Remix Workouts, Keelo.
 - **tracking:** Runtastic, Fooducate, MyFitnessPal, Pact, My RunKeeper, Map My Run/Ride
- Companion app versus third-party app
- What you need to know about the future of fitness apps

Best Apps for Business & Productivity

- Productivity hacks for using apps
- Top features to look for in video apps, photo apps.

“Best Of”	Top Apps For Your Fitness Business
1) <i>Best apps for a trainer’s toolbox</i>	<i>Recommendation:</i>
	<i>Why:</i>
2) <i>Best apps for a group-exercise instructor’s toolbox</i>	<i>Recommendation:</i>
	<i>Why:</i>
3) <i>Best interval training apps</i>	<i>Recommendation:</i>
	<i>Why:</i>
4) <i>Best apps for online training and managing multiple fitness clients</i>	<i>Recommendation:</i>
	<i>Why:</i>
5) <i>Best fitness apps to suggest to clients</i>	<i>Recommendation:</i>
	<i>Why:</i>
6) <i>Best apps for quick, new exercise ideas</i>	<i>Recommendation:</i>
	<i>Why:</i>
7) <i>Best apps for your own workouts</i>	<i>Recommendation:</i>
	<i>Why:</i>
8) <i>Best apps to bring to a training session</i>	<i>Recommendation:</i>
	<i>Why:</i>
9) <i>Best apps for healthy eating and meal planning</i>	<i>Recommendation:</i>
	<i>Why:</i>

<i>10) Best apps for creating videos you can post on social media</i>	<i>Recommendation:</i>
	<i>Why:</i>
<i>11) Best apps for enhancing photos and creating graphics you can post on social media</i>	<i>Recommendation:</i>
	<i>Why:</i>
<i>12) Best apps for making animated graphics you can post on social media</i>	<i>Recommendation:</i>
	<i>Why:</i>
<i>13) Best apps for work productivity and saving you time with business tasks</i>	<i>Recommendation:</i>
	<i>Why:</i>

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