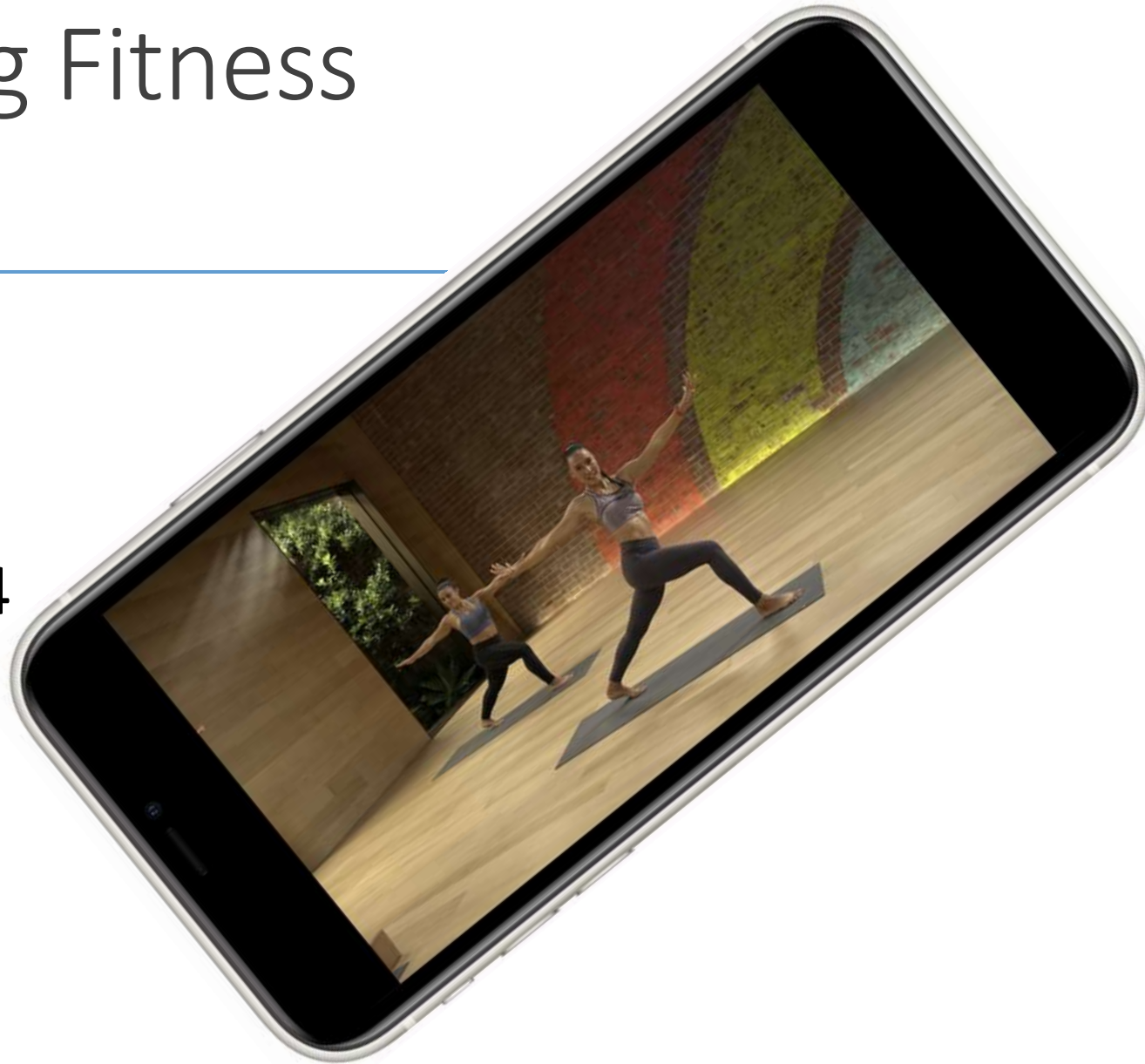


# Exploring Fitness Apps

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## Senior Tech Tuesday #24

May 4, 2021 10 AM C.

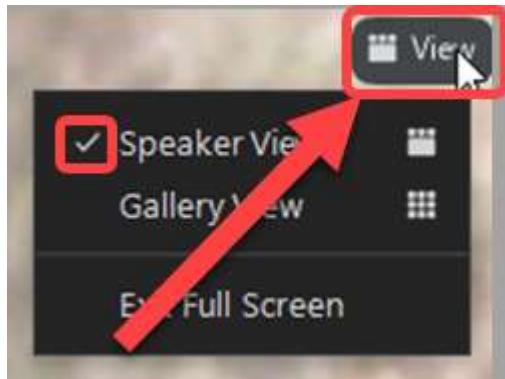


# Zoom Setup – GO Big!!

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## Use Speaker/Active Speaker View

Computer  
or laptop



iPad





Happy Star Wars Day



FREE Senior Tech Tuesdays Online Training  
Health, Fitness & Safety Series

Senior Tech Tuesday #24  
(STT24) – Exploring  
Fitness Apps  
May 4, 2021

Don Frederiksen  
don@SeniorTechClub.com



# Our Learning Tools

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- Zoom Ideas
- Your Questions
  - “Hey Don” or Chat
  - Email: [don@SeniorTechClub.com](mailto:don@SeniorTechClub.com)
- Online Class Page at:  
[Links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)
- Tuesdays Page for Future Topics  
[Links.SeniorTechClub.com/tuesdays](https://links.SeniorTechClub.com/tuesdays)





# FREE Senior Tech Tuesdays Online Training Health, Fitness & Safety Series

## Let's Consider Third Party Fitness Apps



Online: [links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)



# Exploring Fitness Apps

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- ☑ Physical Activity is Essential to Healthy Aging
- ☑ The Role of Fitness Apps?
- ☑ My Experience & Recommendations
- ☑ What you and others have recommended.



# Physical Activity is Essential to Healthy Aging



Everyone needs a mix of physical activity

## Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week



AND

## Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



Is that more than you can do right now? Start with just **5 minutes**. It all adds up!

Walk. Run. Dance. Play. **What's your move?**



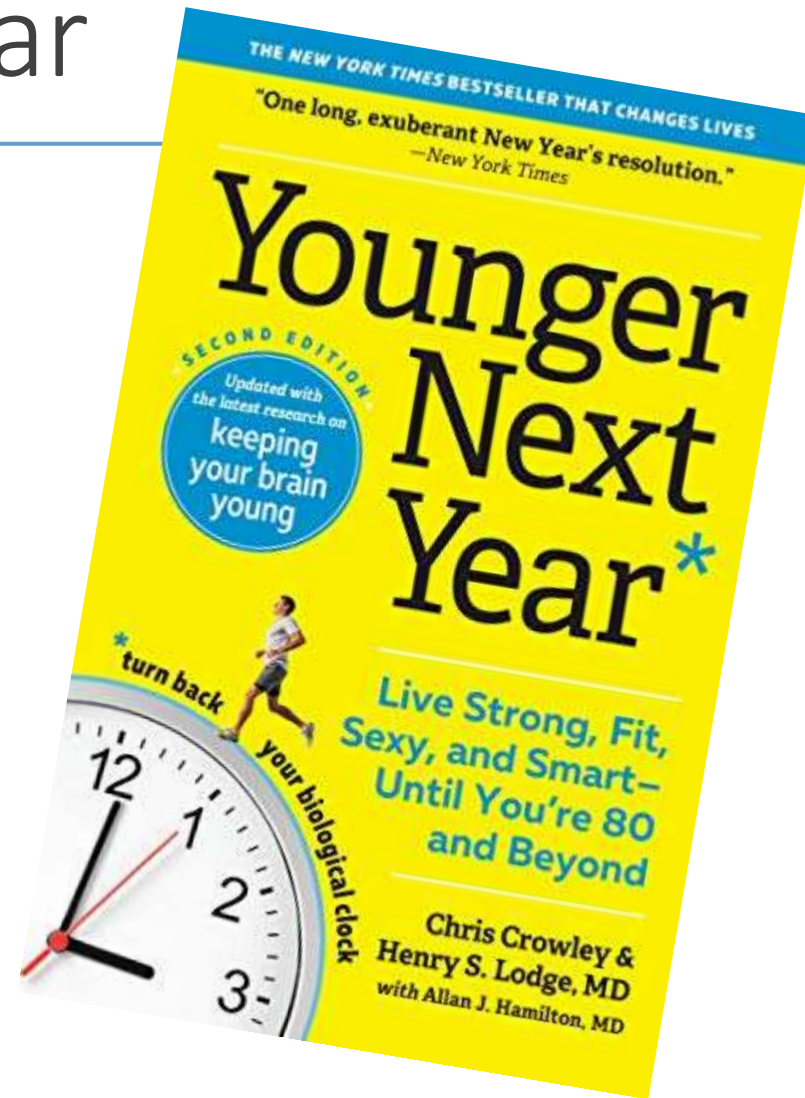
Online: [links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)



# Younger Next Year

“Exercise six days a week for the rest of your life.”

If you are at or near retirement, “Make it your new job”



# Essential Question for the Day

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How can your devices  
(iPhone or iPad) help  
you with this new  
priority?



# I am NOT

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A Medical Professional

A Health/Fitness Professional

My objective is to present some ideas about your iPhone/iPad and Fitness and Physical Activity

Please consult with your medical professionals



Online: [links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)



# FREE Senior Tech Tuesdays Online Training Health, Fitness & Safety Series

Senior Tech Tuesday #22– Get More  
from your iPhone Health App  
April 20, 2021

Basic Activity Tracking  
Steps & Stairs

[Links.SeniorTechClub.com/STT22](https://links.seniortechclub.com/STT22)



# Essential Question for the Day

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231,000 apps



Handful of Ideas  
and  
Recommendations

Online: [links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)

# The Role of Fitness App

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What functions do you seek in a Fitness app?

- Coaching and Guidance
- Goals, Tracking & Motivation
- Community & Accountability
- Nutrition & Diet Help



# Coaching and Guidance

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## Video is King

- Several mentioned videos on YouTube and other mobile apps.



Most sessions are guided by young and buff trainers.

Role for age-targeted coaching

Online: [links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)

# Motivation, Goals & Tracking

Logging is important for tracking your progress against goals

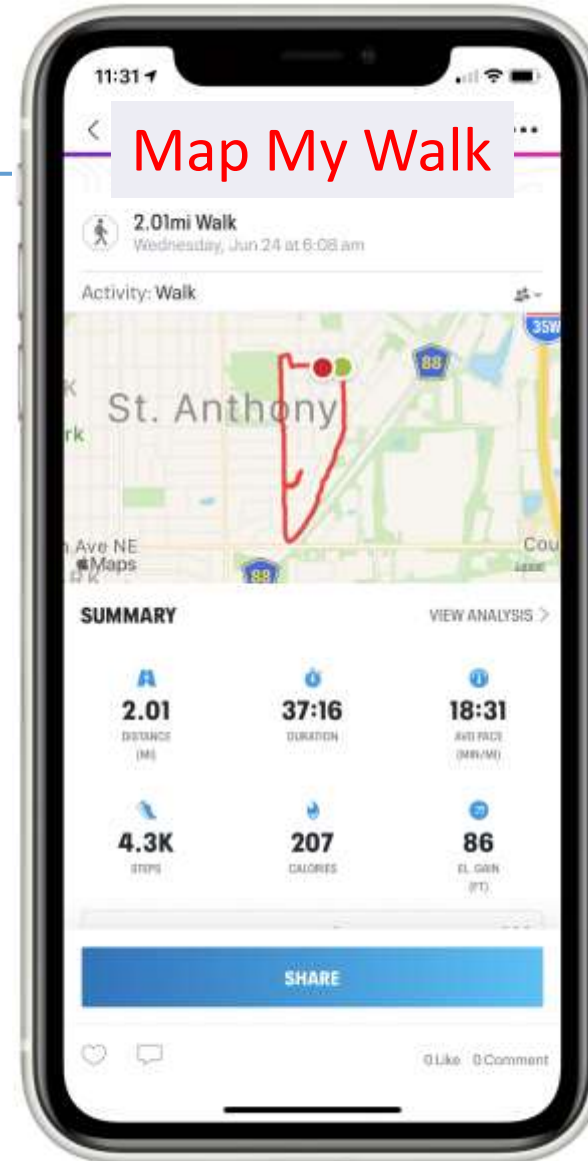
- “I want to walk 10k steps daily”

Personal Accountability

- “I need to close my fitness rings today”

Make adjustments in your routines

- “I need to add additional activity to my routine”





# Advanced Tracking

## Wearables + app

- Apple Watch \$200 to Thousands
- Fitbit \$75 to Hundreds
- Garmin \$75 to Hundreds
- Others

## Track & Monitor

- Activity
- Heart rates – Cardio Fitness
- Sleep
- All-day activity (beyond steps)



# Community & Accountability

Social Engagement -

Fitness buddies/Partners/Friends

- **Fitbit** Groups/Friends
- **Apple Watch** Sharing
- **Fiton** Friends

Games & Badges

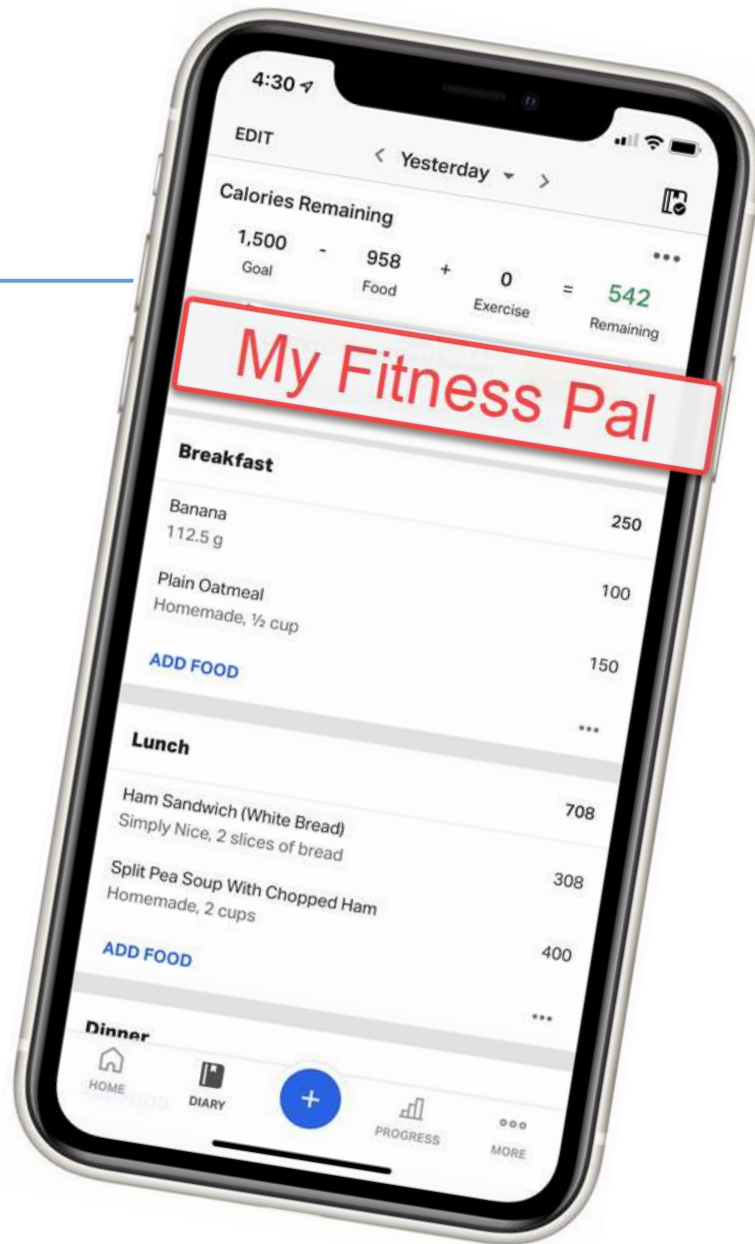


# Nutrition

Fitness apps that provide functions like:

- Nutrition information
- Diet Log/Diary
- Recipes

My Fitness Pal is recommended by many.



# Free vs Paid

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The trend for paid programs is the monthly subscription:

Apple Fitness + \$9.99 month/ \$79.99 annual

Map My Walk \$5.99 month/ \$29.99 annual

J&J Seven Minute Workout FREE

Fiton FREE

Many paid programs offer trial plans.



# My Apple Fitness + Story

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I use it for FREE. Here are the steps:

- Medicare Advantage Program (BCBS)
- Includes Silver Sneakers for fitness gym memberships.
  - Access to 17,000 gyms/fitness centers
- Lifetime Fitness (Lifetime.life)
  - Lifetime App (Video Coaching/Workout Sessions)
- Lifetime Membership includes Apple Fitness + (90 days renewable)

I use Apple Fitness + for FREE



# Exploring Fitness Apps

---

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# My Experience & Recommendations

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Online: [links.SeniorTechClub.com/STT24](https://links.SeniorTechClub.com/STT24)

# My Experience & Recommendations

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Previous Fitbit Owner (3 different Fitbit trackers over 6 years)

- Steps & Heart Rate
- Track with a smartphone App or Website.
- Fitbit buddies for step competition
- ✓ Recommended – but doesn't play well with the Apple Health app.

Current – Apple Watch Series 4

Apple Fitness App (available separately in the App Store)

Goal is to complete my rings daily

- Calories (movement)
- Exercise 30 minutes
- Stand 12 hours
- More to discuss about Apple Watch in STT27 (May 25)
- Recommended





# My Experience & Recommendations

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## Health App

- Tracks Fitness Data
- Interfaces with Apple Watch and Fitness app
- Included on iPhone
- Recommended

## Apple Fitness +

- Library of video workouts of all types and intensities
- Tracked in the Health App
- FREE via Lifetime fitness
- Recommended

## Johnson & Johnson Seven Minute Workout App

- Standard 7 min HIIT (high intensity interval training) program. [WebMD](#)
- Tracked in the Health app
- Additional library of workouts
- FREE, FREE, FREE
- Recommended



# My Experience & Recommendations

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## Lifetime App

- Library of Workouts

## Meditation Apps

- STT25 May 11



# Exploring Fitness Apps

---

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# From our Community

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Multiple – YouTube recommendations

- [Jenny McClendon](#)

Silver Sneakers Classes

- Silver Sneakers Go app
- [Website](#)
- [YouTube](#)

AARP with Denise Austin

- [Website with 68 videos](#)

My Fitness Pal (app)

Lifetime (app)



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# From our Community

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Thank you for your Recommendations!

★ Dede

★ Corrine

★ Ann

★ Rick

★ Joan



# Exploring Fitness Apps

---

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Follow-up Questions?  
[don@SeniorTechClub.com](mailto:don@SeniorTechClub.com)

More Information & Download  
[links.SeniorTechClub.com/Tuesdays](https://links.SeniorTechClub.com/Tuesdays)



## Next Online Sessions

May 11 – 10 AM

Topic: Meditation Apps

Have a favorite fitness or meditation app?  
Send a note to: [don@SeniorTechClub.com](mailto:don@SeniorTechClub.com)

Future Session Information  
[links.SeniorTechClub.com/Tuesdays](https://links.SeniorTechClub.com/Tuesdays)





# Thank You!

Stay Well

Watch your Distance

Get Vaccinated

Sleep Well

Keep Learning