



Apps to Promote Physical Activity and Exercise

Fitness:

- Sworkit® collection (Sworkit®, Stretching, Lower body, Upper body, Butt, Abs and Core, Cardio)
- Sworkit® kids
 - Both of these collections are quick workout apps with readymade routines last from 5 to 60 minutes.
 - You can customize to body area or exercise type.
 - It is free with additional exercise that can be purchased, but the free versions are really great (free with upgrades to purchase).
- Daily Ab - free version 10, 15, 20 minute exercise routines broken down by body area or full workout (free with upgrades to purchase)
- Fitness kids - kids doing exercise moving through with a stop watch to complete exercise for certain amount of time (Free)
- Workouts - free version 5, 8, 10 minute exercise routines broken down by body area or full workout (free with upgrades to purchase)
- 7 Minute Workout - workout routines lasting 7 minutes that you can do anywhere, anytime. (initially free with limited routines, fee to join and get more routines tailored to your goals)
- 5 Minute Workouts - 5 minute exercise routines targeting specific body areas. You can do more routines to increase workout time and target other body areas. (initially free, can buy more through subscription)
- Lil Fitness - Cute animal characters guide children through 10 exercises for 20 seconds then quick rest (free, full version \$1.99 for 7 exercise routines organized by day of the week)
- Dungeon Runners: Fitness Quest- Complete physical activities to move character along through dungeon (free)
- The Walk - audio story encouraging activity, activity unlocks clues to the audio story (free for initial chapters then \$5 to continue adventure)
- Zombies, Run and Zombies, Run 5k training - audio story with imminent zombie attacks that must out run and actually run (free and able to unlock more free with use, fee to upgrade)
- Step Buy Step: A Pedometer Adventure- tracks your steps and each step earns you Steps to buy items for game play (\$1.99)
- Fit for Battle - audio story with interactive characters guiding your workout. Performance impacts the direction of the story (free initially, \$4.99 for full version)
- Kids Exercise: Animal Workout - animated videos of children and animals exercising together (free, \$3.99 for full version)

Movement Games:

- Virtual Active - Videos of running, hiking, or biking through various locations around the world. Each location must be purchased separately for 35 minutes of trails. Good for treadmill or stationary bike (\$7.99 episode)
- 7 Minute Workouts with Lazy Monster - Help Monster get his exercise, 10 exercises completed for 30-50 seconds with rest between 5-10 seconds. Can be customized. (free, upgrade for \$3.99)
- Bit Breaker - Motion activated through camera; move side to side to slide paddle to bounce ball up to break tiles, jump to hit ball toward tiles; try bouncing on ball or trampoline (free)
- NFL PLAY 60 - Motion activated game requiring iPad to be held in 2 hands while running, jumping and making quick turns to make character do same activities. From American Heart Association (free)





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- GoNoodle kids- a collection of games encouraging movement and activity including yoga, cardio, silly songs, relaxation, and deep breathing. Parents must sign up with an email address. (free)
- Workout In a Bag - complete exercise from bag in allotted amount of time to earn rewards (\$2.99)
- Big Cat Race- race a lion, cheetah, or leopard! Run holding your device and see if you outrun the big cats! Screen will go black with banner "Race in Progress" while running. Your score will display at the end (free)

Yoga

- Super Stretch - Sequence of poses based upon animals or you can pick individual poses to focus on goals. Poses last about 5-8 seconds after quick description of pose.
- Simply Yoga - 20, 40, 60 minute routines with verbal and video guidance through poses (Sun Salutation) (free) additional routines if we are interested in purchasing.
- Yoga by Teens - teens (including one with DS) guide through poses in a 20, 25, 45 minute routines or Sun Salutation (\$15.99)
- SingSong Yoga® - customizable yoga routines by dragging preferred poses to canvas in middle of screen or pre-made sequences. Poses are taught through sing-song instructions. (\$14.99 for New to Yoga 16 sequences and poses)
- Kids Yoga Deck - step by step instructions for yoga poses for ages 2+ (\$1.99)
- Go Go Yoga for Kids- card deck app with challenge poses (\$1.99)

