

8 Of The Best Fitness Apps And Wearables

According to a study by the ChampionsID social network in 2017, more than two billion people worldwide play sports regularly. And as awareness of the importance of health and fitness rises in popularity globally, more companies and gym instructors have jumped to offer their services online, with the wearables market booming as a result.

Here are some of the most popular apps to help you keep track of your fitness.

Nike Run Club



Nike has found the perfect partner for its leading sportswear brand with its latest running app. Nike Run Club offers an exciting way to make long distance running fun, with motivational audio tracks and a GPS distance tracker.

Fitbod



Fitbod is for hardcore heavyweight champs. With the additional power of Fitbod, and its integration with AI, lifters can set goals and plan their daily schedules, including what exercises to do to improve over time.

Sworkit



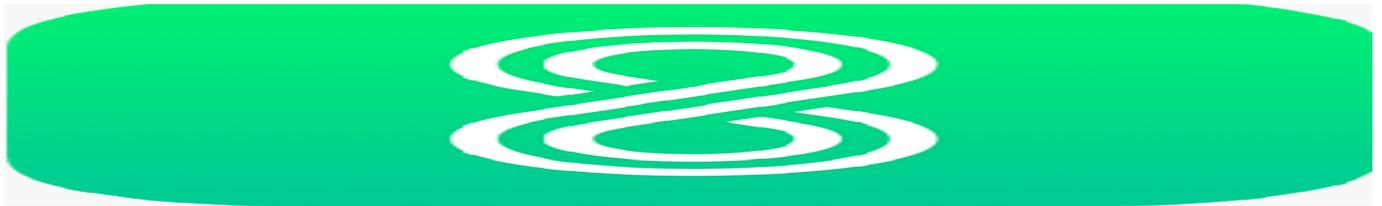
Sworkit is the app for you if you struggle to find time to exercise, as it helps you to schedule your work out throughout your busy day. It allows you to choose the workouts you want, then distribute them and track your progress.

NEOU



NEOU offers online virtual instructors. These are real people, but the process as a whole is done via the app. By asking for an instructor to achieve a specific goal, like body building or weight loss, you can tailor and track your progress.

8Fit



8Fit offers a unique way of tracking meals, daily activities and sleep to ensure that you are balancing your life to be healthy. The app helps users to create the perfect meals, count calories and keep an eye on fat.

The most useful companion for a fitness app, is wearable technology. Here are some of the best on the market.

Huawei Band 3 Pro



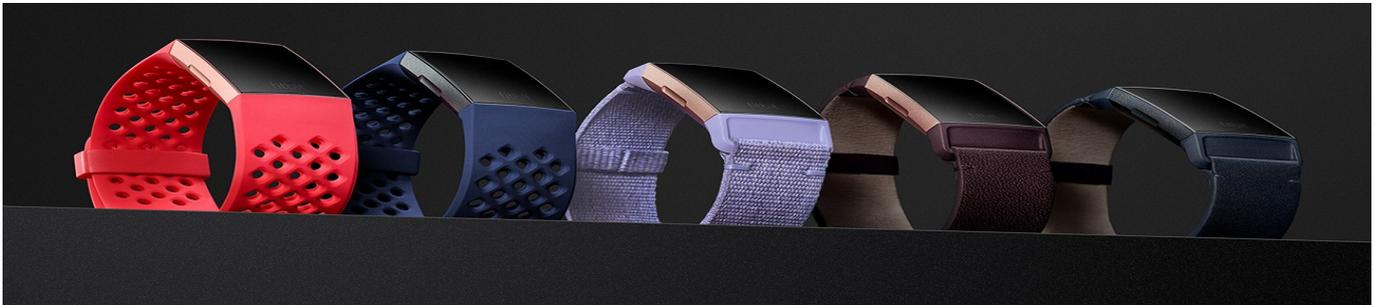
With a stylish look and a battery that lasts up to 14 days, the Band 3 Pro can track your movement throughout the day, including your heartbeat and activities, but not your breathing. The tracker also offers a precise GPS.

Samsung Galaxy Fit



Samsung's reply to Huawei's Band 3 Pro comes in the shape of its Galaxy fit. However, it lacks one important feature—GPS tracking. And it takes two apps to make the Galaxy Fit work.

Fitbit Charge 3



This is one of the most expensive choices for fitness tracking, but also offers a wide variety of options to track health, all packed in a most stylish look. It offers heartbeat, activity and GPS tracking, and a battery that lasts 6 days.

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