

# Walktober Apps



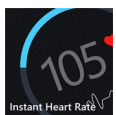
## Moves:

Automatically records any **walking**, **cycling**, and **running** you do. You can view the distance, duration, steps, and calories burned for each activity. The app is **always on**, so there's no need to start and stop it. Just keep your phone in your pocket or your bag.



## FitBit:

Your stats will automatically sync to select smartphones wirelessly (nothing to plug in!). See how you are tracking against your daily goals, with friends, and against your historic averages. Bring fitness into your life seamlessly with the Fitbit app. You can also purchase Fitbit pedometers to sync with your phone.



## Instant Heart Rate:

Uses the camera on your smartphone to detect the pulse from your fingertip. Make sure that your fingertip completely covers the camera lens. Press gently, since pressing too hard reduces blood flow in your finger and it's harder to get a result. Make sure that your fingers are not cold.



## Map My Run:

Enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. You can even effortlessly save and upload your workout data to MapMyRun where you can view your route workout data, and comprehensive workout history.