



fab fit fun

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Feel the App Burn

Take workouts to the next level with smartphone apps



Working out is a necessary evil; even celebrities have to do it. And who doesn't love a good paparazzi snap of Jessica Biel or Nicole Richie leaving their latest training session wearing amazeballs fitness styles and shouting obscenities? (Sorry, Alec Baldwin somehow sneaked into this article.)

Anyway, just like the fashionably fit stars we all love, almost all of us have iPhones (or other smartphones) that can help us reach our health and fitness goals. We know trainers and gyms are expensive. And here is a well-kept secret: fitness apps are pretty cheap, if not free! The best part? **You can work out almost anywhere when you have an iPhone loaded with fitness apps. Hit the beach, backyard, or even playground for some serious sweat sessions.** Here are some fresh apps for healthy motivation. Now, drop and give us 20 — OK, 10 is fine!



Nike+ Training: Sensors in the new Nike kicks help measure our athletic ability and communicate our workout stats back to the Nike+ Training app. The app is free, the shoes are not. But new workout shoes are a small price to pay for an Olympian-style body. Try Shawn Johnson's explosive workout for a quick pick-me-up that we can all do just about anywhere.



Clean Workout Planner: Fitness experts suggest that we schedule workouts just like we would business appointments. Enter the Clean Workout Planner iPhone app. We keep all our routines and stats in this savvy, cutely designed app. We also love the camera roll that lets us snap photos of ourselves in our cute workout gear to track progress. Now that is some fashionable motivation we can get behind — picture perfect!



SuperBetter: What's really holding us back from reaching our fitness goals? A frenemy who constantly sabotages our diets with "Happy Friday!" cupcakes or a wicked boss who won't let us leave during lunch for a quick midday run? Whatever is getting in our way of a fabulous bod, the SuperBetter app will help us correct it. Unfortunately, the SuperBetter app can't fire your super demanding boss. But it can give you the self-confidence to get out there and

find a dream job that will allow you the time to achieve your fitness goals. Because sometimes it isn't your diet or workout that is getting in the way of your health goals, it's a negative emotional state.

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