**Top 10 fitness applications**

A healthy mind resides in a healthy body!

And, with this many people across the globe want to stay fit and healthy. While joining gyms, yoga centers, and various other clubs for exercising, all of them are the preferred measures by a fitness freak, with the pandemic going-on; no-one can trust any outdoor source and join any organization. With COVID-19, most of the folks prefer various fitness applications to stay healthy and carry on their regular workouts.

There are more than 165,000 fitness applications available on both iOS and Android combined. These applications assist various prominent trainers and nutritionists across the globe. There are several workouts, pieces of training, exercises, and nutrition plans available for the specific needs of the people

**Best Fitness Applications:**

Consistency is the most crucial part of staying fit and healthy. A workout is required with the best nutrients and a track of goal to be achieved and what is achieved. Setting the targets too is important for higher efficiency. Fitness applications ease all of these tasks by providing many customized facilities and services.

Here are the top 10 fitness applications according to the ratings, budget, usability, functionalities, and services.

**RunKeeper**

This is an application that is best suited for the running and jogging lovers to prefer it for various workouts and health activities. This application keeps a track of all the walks and runs that you do.

This application also has a GPS tracker that shows various paths that can be taken for reaching the final destination. This is a perfect application to be trained for racing, athletics, and even to maintain the weight. There are various customized training available based on your answers to various questions that are asked and it helps to make a schedule ready for you. This is a free-to-use application both for android and iPhone.

**YogaStudio**

This application costs about 4.99 dollars for both Android and iPhone users, and it has more than 70 ready-made yoga available and various meditation classes ranging from beginner to advanced level that lasts for about 15 to 60 minutes of the period.

These classes and training state the customized schedules according to your flexibility and comfort, and this has very easy to use instructions to stay a healthy person. There are several poses plus various benefits and modifications available in the YogaStudio.

**My fitness pal**

This application has endless capabilities that make it the topmost recommended and preferred fitness application across the globe. It has various exercises, statistics of the records about intakes of Calories, and various habits of the user, and it helps to customize the plans for individuals. It integrates about 50 devices to sync the workouts and has more than 350 cardio and strength sessions. There is a list of 6 million foods available that are nutritionists and are to be taken by various fitness freaks.

**Couch to 5K**

As the name suggests this application helps you to get up from your couch to run about 5K in just 9 weeks by following the routines and trainings available in the application. The app is designed to spend about 20-30 minutes in workouts, three times a week to get ready.

There are various logs available for the workouts and to maintain the progress done and you can even enter the workouts and other activities that you performed manually. There are various audio queues maintained by the motivational trainers to help you get guidance over various workouts. This application costs 2.99 dollars for both Android and iPhone users.

**8 fit**

This application comes in various costs that also have a free plan available and can rise to 19.99 Dollars per month To 44.99 Dollars per half year and 59.99 dollars per year for various workouts.

There are various on-demand workouts and meals and nutrition plans available for the users and it helps create a personalized program according to your needs and requirements. There is a lot of guidance and suggestions available by various instructors according to your goal, whether it is to lose weight or to gain muscles, or whatever it is. You can decrease by about 20% of the body fat in just three months.

**Charity miles**

This is free to use application for both Android and iPhone users where you walk for recreation and refreshment, or to maintain your health and be fit person, and stay physically active, and meanwhile benefit various charities with each step you make. Users have already raised about 2 million for charity with the help of this application. There are Charity supports available, about 40 of them, and once you start your activity and complete the task that is provided, you can choose to raise money for the selected charities. This also motivates various people to run extra miles and in turn, helps them to stay fit.

**Johnson & Johnson official 7-minute workout**

This also is a free application for Android and iOS users and is the best application to be used with a busy schedule to stay healthy and fit. Music adding is also available that helps to get cheered up while doing the workouts and it's a simple application with adequate information that is suitable for all.

There are various activities included in the 7-minute workout like jumping, running, pushups, and several others, and it can increase up to 9 minutes with a warm-up exercise to this 7-minute workout. There are various other features available like intermediate 16 minutes, and core workouts. The customization facilities are also available to personalize various workouts according to your needs and requirements with attractive interface and experience provided.

**CARROT fit**

The application is available at 3.99 dollars for IOS and is a fun way to stay fit with virtual trainers. It helps you to specify your goals and it does not stop until you reach the objective as stated. It helps to get inspired and motivated by various inspiring content as well as threatening content to help the users. There is a range of workouts and activities available for 7 minutes 30 seconds followed by a 10-second exercise and rest, and many more.

Carrot track steps and weight loss, and workout carried on and it even uses harsh language to scold you for avoiding any exercise or workouts. It works just as a friend and helps you achieve your goals.

**LifeSum**

Various plans are available in LifeSum from a free application to 14.99 Dollars per month, 20.9 9 Dollars per six months, and a dollar 13.99 for the year for premium. This is a calorie tracker application that helps to balance your calorie intake and nutrition intake in a day, based on your goals as to gain or lose or maintain the weights.

It even shows the proportion of proteins, carbohydrates, and fats that are in your food. However, the free application has some limited services; the premium version provides all the features that are required to stay fit and maintains the calorie intake.

**Mindbody**

This application has various local resources for fitness, wellness, and beauty, and has a wide range of database of having yoga classes, specialist systems, and other nearby resources that are helpful to stay safe healthy and appealing.

Based on your requirements, in this application, there is a list of resources available that you can choose and you can even book the appointments directly by the application. Major cities that use this application are the US, Canada, and Mexico City.