

PHYSICAL ACTIVITY

FREE TOOLS TO SUPPORT ACTIVE LIFESTYLES

Websites



Heart and Stroke Foundation – Health eTools

<http://tinyurl.com/l76e5sl>

- Risk assessment, healthy weight action plan and blood pressure action plan.



ParticipACTION

<http://www.participaction.com>

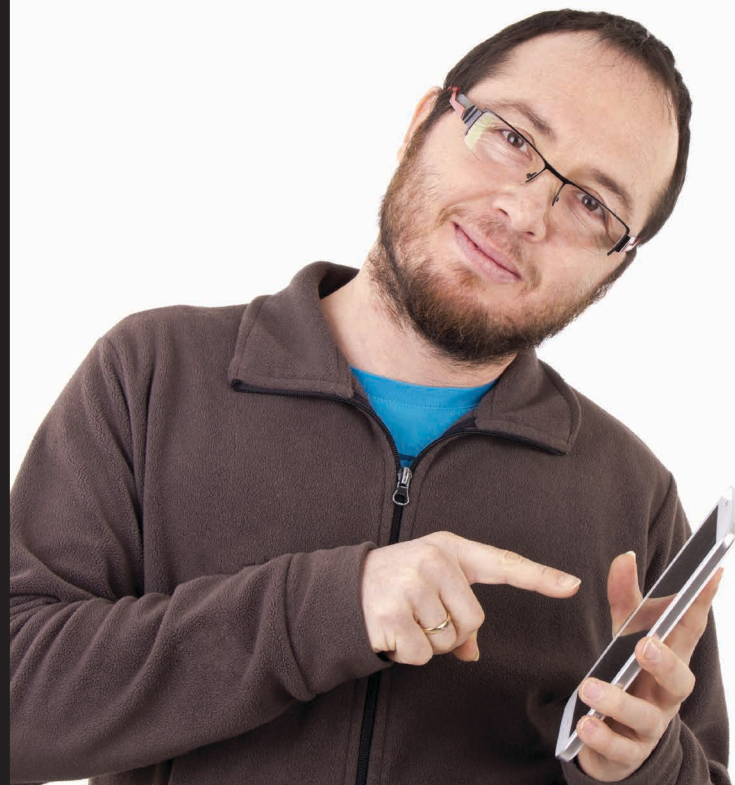
- Tips, ideas, infographics to motivate you to move more. Also a great place if you're looking for information for kids in your life.



Don't Change Much

www.dontchangemuch.ca

- Tips, suggestions and ideas for men based on their campaign name – things that don't require you to change much!



Apps



Instant Heart Rate

<http://www.azumio.com/apps/heart-rate/>

- Instant Heart Rate uses your phone's camera to detect the pulse from your fingertip.



MyFitness Pal

www.myfitnesspal.com

- Multi options for apps that track food and activity. Has a weight-loss focus, but doesn't have to be used this way.



Fitness Builder

<https://itunes.apple.com/us/app/fitnessbuilder/id306287984?mt=8>

- Free account gives you access to over 400 workouts in 16 multi-week fitness plans. Free account - also upgrades available.



DigiFit

<http://www.digifit.com/cardio-fitness/>

- A tool to track heart rate, distance, pace and calories burned during exercise.



Moves Activity Diary

<https://www.moves-app.com/>

- 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.

TAKE CARE
OF YOUR
EQUIPMENT