

Fitness Apps and Devices

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Fitness Apps and Devices

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1. Smart Wearables for Health Tracking

Blood Pressure, Heart Rate & Oxygen Monitors

- **Health Tracker: BP Monitor** (App)
- Tracks blood pressure, heart rate, blood glucose, BMI, and weight. Uses smartphone camera for heart rate monitoring (PPG technology) and provides trend reports 26.
- *Note:* Some users report intrusive ads in the free version 6.
- **SmartBP** (App)
- Syncs with Bluetooth blood pressure monitors (e.g., Omron, Withings) to log and analyze trends. Integrates with Apple Health and offers PDF reports for doctors 10.
- **Red Smart Fitness Tracker** (Device)

- A wristband that monitors **heart rate, blood pressure, blood oxygen**, and sleep. Waterproof with a 7–14-day battery life 3.
 - **Trixy Fitness Tracker** (Device)
 - Tracks 24/7 heart rate, blood oxygen, sleep, and activity. Includes **IP68 waterproofing** and smartphone notifications. Priced affordably (~\$28) 7.
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2. Calorie & Nutrition Apps

- **Noom Alternative: MyFitnessPal**
- Tracks calories, macros, and integrates with fitness devices. Barcode scanner for food logging 9.
- **Virtuagym Nutrition Coaching**
- Offers meal plans, a 9M+ food database, and syncs with wearables for holistic health tracking 9.

3. Running & Activity Trackers

- **ASICS Runkeeper**
- GPS run tracking, guided workouts, and training plans for 5Ks to marathons. Syncs with Spotify and Garmin devices 48.
- **Strava**
- Best for runners/cyclists. Tracks pace, distance, and elevation. Social features for community challenges 59.

4. Top Fitness Apps

- **Nike Training Club** (Free)
- Diverse workouts (HIIT, yoga, strength) with video demos. No equipment needed 15.
- **Peloton App** (\$12.99/month)
- Live/on-demand classes (yoga, cycling, strength). High-energy instructors 15.
- **Future** (\$199/month)
- Personal trainer experience with custom plans and daily coach check-ins 5.

Key Takeaways

- **For all-in-one health tracking:** Use **Trixy Fitness Tracker** (device) + **SmartBP** (app) 710.
 - **For running:** **ASICS Runkeeper** or **Strava** 48.
 - **For guided workouts:** **Peloton** or **Nike Training Club** 15.
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- **SmartBP** (App)
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- **Strava**
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