

# Great Fitness Apps for People Age 60 and Older



Your fitness doesn't have to go downhill as you get older. In fact, technology can make it easier for seniors to live a healthy lifestyle. Apps on your smartphone can be your virtual best friend and workout buddy when it comes to achieving your fitness goals.

Depending on your lifestyle needs, there's an app for it. You can easily track your steps, find quick workouts, food guides and much more that will act as your health assistant in day-to-day life. Here are four apps for seniors that will kickstart (and maintain) your fitness journey.

## 1. My Fitness Pal

My Fitness Pal is one of the most thorough apps you can use to track your health. It's a food diary that tracks your meals, making you more aware of what you're eating each day. [My Fitness Pal](#) can track over 300 million food items on your profile and give you nutritional information like calories, carbs, proteins and more. It's a way for seniors to hold themselves accountable – and it can help remind you what you've eaten throughout the week.

My Fitness Pal can be downloaded for free on Apple and Android devices. With a free account, you can track the foods you eat and set daily calorie goals. There's also a social feature to partake in online discussions where users can share their own tips with other seniors and help each other with their progress.

With a premium account, the features get more diverse so you can track your workouts and nutrition more in-depth. [It costs](#) \$9.99 monthly or \$49.99 per year. There's also a food analysis feature which is another handy tool for seniors to everyday. specific tracking logs for workouts, protein, food analysis and more.

## 2. Map My Walk

Walking is one of the easiest, most [effective exercises](#). And it's low intensity exercise, which is perfect for seniors. The Map My Walk app encourages you to do it more often.

[Map My Walk](#) is an interactive way to track your daily walks and other physical activity. There are routes on the app you can take when you want to switch up your routine, and it tracks your goals along the way. Plus, it will analyze your performance over time and give you tips to make your next excursion more productive.

Map My Walk is free to download on Apple and Android devices, with paid memberships available to purchase. The cost ranges from just \$5.99 to \$29.99 and offers perks like personalized fitness plans, guided audio coaches and progress tracking. You can also connect smart devices like Fitbit to the app.

### **3. Tai Chi for Seniors**

Tai Chi is one of the most meditative workout options out there, and now you don't even need to leave your home to do it. [Tai Chi](#) is a low impact form of exercise that is a great option for seniors. It's slow and focuses on the mind and body through a calming series of motions. This app is a great option for beginners who might want to learn the basics, but are a bit intimidated to join a class. You can pause and replay the 64 step-by-step videos to follow along at your own pace.

[Tai Chi for Seniors Pro](#) is available to download for \$3.99 on Apple devices. The videos provide in-depth guidance with up to four angles to watch the instructor. There are also audio and written instructions so seniors can easily follow along to the meditative workout however they prefer.

### **4. Johnson & Johnson Official 7-Minute Workout**

Download the [Johnson & Johnson Official 7-Minute Workout app](#), and you'll be joining the 3 million other people who have already tried it. Not having enough time to exercise won't be an excuse anymore, since it takes less than 10 minutes. The 7-Minute Workout is a great option for anyone looking to kick in a short workout during their day that won't take a long time. The app imitates the guidance of a personal trainer by telling you what moves to do during these short-term intervals.

There are 72 exercises and 22 workouts to choose from. You don't have to worry about any of the moves to be too advanced because there are modified versions that cater to any fitness level. The app also can track your workout so you can see your progress and how far you've come over time. [Studies even show](#) that shorter interval training can be more effective than longer workouts, which is convenient for seniors who might not have the energy to exercise longer. It's available to download for free on Apple and Android devices.

It's so important for seniors to take care of their physical health, and it's never too late for you to start taking action. There's a ton of resources similar to these four apps that will assist you in finding the right habits to suit your needs. The best part? It doesn't have to be too intense and can easily be implemented into your daily lifestyle.