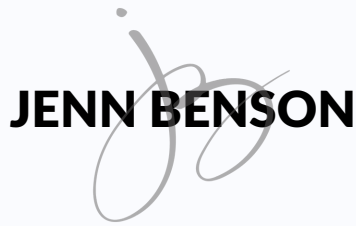


THE ULTIMATE GUIDE TO BREAKING UP WITH YOUR COUCH



JENN BENSON



The Ultimate Resource Guide To Breaking Up With Your Couch

This is a quick, easy guide to a few apps and websites that will help you get started, stay motivated, and have fun in your journey to exercise. You don't have to know everything, but you do have to start somewhere. Don't feel like you have to explore all of these resources. Just pick one or two that speak to you. I mean the ones that really, really sound like you want to give them a solid try. I advise that you NOT to pick the ones that make you cringe. You'll get nowhere, I promise! I am giving you permission to find something you might enjoy and explore the possibilities. Keep it simple and you will be amazed at the momentum that starts to build.

Websites and Valuable Internet Assets

To Get Started:

SparkPeople.com : This site provides free tools, resources and support for adults who want to improve their diets, establish a healthy lifestyle, get physically active, lose weight and/or manage their weight. They are the leading publisher of health, fitness, and food information that encourages or "sparks people" to live healthier, happier lives. The best part if the resources are 100% free. They have mobile apps, spark recipes, fitness trackers, and a supportive community to help you reach your goals.

IdeaFit.com : This is a great website to check out if you are looking for a credible fitness professional in your area. ideaFit is the leading resource for fitness and wellness professionals. Trainers that are registered with ideaFit are verified that their certifications and experience are legit!



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To Focus The Mind:

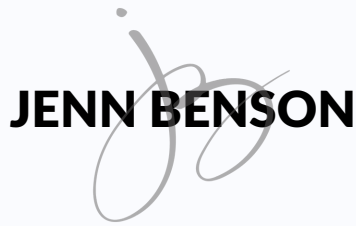
PsychologyToday.com : This is a group of renowned psychologists, academics, psychiatrists and authors in the field of psychology who contribute their thoughts and ideas all in one place. They not only offer the magazine, Psychology Today, but they have online resources as well. They make literature more accessible to the general public and help you connect with experts in your local area.

EverydayAffirmations.org : This is a cool place to go to get inspired to lead a positive life using daily affirmations. You can use their platform to post your favorite blogs or personal websites, email it to your friends. Many corporate entities can use daily affirmations it to encourage a happy and positive office atmosphere and increase productivity.

To Find Your Fitness Personality:

The8ColorsOfFitness.com : You can use this site to discover your color-coded fitness personality and learn how to incorporate your personality type to make better choices. Take the quiz to get some insight or purchase the book the 8 colors of fitness by Suzanne Brue.

VeryWellFit.com : Try this online quiz for some quick and easy advice. You are asked 10 questions and have to choose the answer that most-likely fits you. Then it generates a fitness personality for you (mine was Free Spirit!) and directs you to an article that may help with whatever your exercise downfalls are.



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To Find a Fitness Buddy:

FitnessMeetup.com : This site is for those who want to be social and would love to meet other local like-minded fitness partners to trade workout tips and stay motivated! When you visit this site, you start by clicking on join button and it will take you through a series of questions about what your interests are and what types of activities you like. Then, a few groups will pop up and you can choose to be in the group by checking the box. You will be able to see a calendar of events for that group and attend one if it seems fun and interesting to you.

ExerciseFriends.com : This site is super user-friendly and FREE. Just enter your zip code and people that are in the area and registered will pop up on the screen. You can find an exercise friends, connect with them, join a group, or even start your own.

To Test your Body Mechanics:

SensoriaFitness.com : Sensoria has smart garments for a multitude of activities with trackable metrics. For example, they have a running sock that gives your ankle feedback. It tracks your foot strike, your cadence, your heart rate, and how you can improve over time. There is a virtual coach to help. They have training programs and a dashboard so you can see your achievements.

WikiHow.com/Use-The-Footprint-Test.com : The worst is starting a new exercise program and having every joint in your body hurt! Most of the time it starts from the ground up and can be tweaked with new shoes, proper shoes for specific activities, orthopedic inserts, and body mechanics. The best thing to do is complete this simple test first. It will show you all about your foot arch type and help you better understand the shoes you should be picking out and why.



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To Find Your Funny Bone:

LaughterYoga.org : Laughter Yoga was created by Dr. Madan Kataria. It is considered aerobic exercise (believe it or not) which has many health benefits. This site allows you to join the laughter movement and attend social laughter clubs all over the world for free. Watch the video, this alone will put a smile on your face💎💎

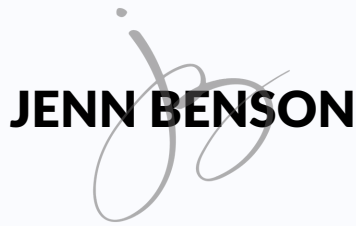
CollegeHumor.com : This is a comedy website that features daily videos and articles created by its in-house writing and production team. There are also user-submitted videos, pictures, articles and links. Always worth a visit for a good chuckle.

9gag.com : This is an online platform and social media website that commonly uses memes to make you giggle. Users upload and share content that they themselves generate or from external social media websites.

To Get Social:

Strava.com : This is pretty much a social network for athletes and the cool part is that it also uses GPS functionality to real time data during athletic activities. The program can be used for beginners to professional athletes.

BloodSweatAndCheers.com : This website, now acquired by Greatist, helps active people find fun, active things to do with friends. Sign-up for daily emails and get healthy recipes, workouts, and wellness tips delivered right to your inbox.



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For Your Love of High School Gym Class:

PlayTennis.com : This site allows you to enter your zip code and find tennis courts in your local area. If you sign-up using your email, you can complete a profile and find other tennis lovers to play with. You can request gameplay based on your experience level.

KickBall.com : This awesome adult sport league site will get you connected to some kickball happenings in your area. Now part of Clubwaka, you can register for a game and debut in your first game of kickball since middle school! Other fun activities you can register for include dodgeball, volleyball, fun runs, flag football, ultimate frisbee, and even vacations.

SportsVite.com : This site is for everything recreational sports. This one-stop-shop allows you to organize sports teams, connect with players in your area, recruit players for your team, & explore what activities are already being offered and try some out.

To Motivate The Mind:

INeedMotivation.com : This self-improvement and life-enrichment site offers some pretty cool hypnosis and subliminal downloads that you can listen to. Just type a keyword in the search tab, for example happiness, and downloadable offerings and articles on that subject will pop up for you to choose from. You can purchase some DVD's or just be a part of their blog for motivation and that little extra something you need to get your day going.

HammockWayOfLife.com : Envision what your transformed life would look like. Their team and resources help guide you toward your life purpose through the power of vision boarding, mind mapping, focus groups, team building, and strategic planning.



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Visit The App Store For These:

For The Active Navigator:

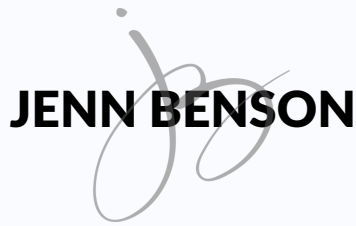
MapMyRun: This is now run by Under Armour, allows you to map your route, track your activity, log your food, and share it all on a social network with your friends if you choose. They also offer workout plans, calorie calculators, and nutrition plans. This is a great way to share your healthy journey with a community and keep up your motivation.

My Fitness Pal: Another great program managed by Under Armour, this app offers more concentration on weight loss. This is used the mostly as a calorie counter and activity journal. Create your profile by entering your personal information (such as age, weight, height, goal weight, current activity level, etc.). Then you will be able to see data specific to you and how far you are from reaching your weight goal and what you need to do to get there. The idea of logging your food and activity amongst a supportive community not only helps with accountability, but it helps keep you on course.

To Get You Up and Moving:

Pedometer ++: This is a free app that counts your steps. It uses the data provided by the built-in pedometer, and presents it as a chart. It allows you to easily keep track of your daily and weekly step counts. Great for knowing a starting point and what an average day of activity looks like for you in a concrete number.

Move: This app has a daily activity reminder to get you moving. It will let you choose a peaceful reminder sound to remind you every so often to get up and get some movement in. You can also pick your workouts and how often you want to do them. Exercises include categories such as office, beginner, yoga, or stretch.



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Stand Up!: This is an app meant to be a fun and flexible work break timer. It does exactly what it says! Set your timers and this app will remind you to Stand up! If you want simple, this app would do the trick.

5-Minute Home Workouts: This app includes quick 5-minute routines for both men and women. Short on time and want simple? This app is fast and easy, provides you with targeted body areas so you can create your perfect workout.

Pocket Yoga: This handy app allows you to be active anytime, anywhere! You can choose between different practices, different durations and different difficulty levels. Whatever your skill level and time availability there's something for you. You can also take classes that simulate being in an actual studio class. Soothing voices and relaxing music allows you to get the full Yoga experience.

To Get Your Talking:

Talkspace: This is the place for online therapy. First get an assessment by using the online tools, then choose your plan. You will then be matched to a therapist and you can start messaging your therapist anytime, anywhere. They offer live talk therapy as well as unlimited message therapy. If you need to connect with someone, this may be a great place to start.



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To Get You Planning:

Awesome Note 2: This is a voice and note taking app is more than just basic. You can use it as a rich writing tool. It allows you to take powerful notes, add pictures, draw, take voice recordings, and include diary notes that display feelings. You can also find weather, manage your calendar, and check your to-do lists. Pretty fun app!

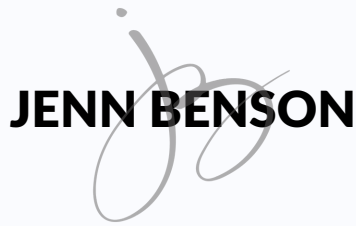
PocketLife Calendar: This app pulls all of your calendar data from connected accounts to display upcoming events, tasks, and other scheduled items on a single-calendar. It's a very easy way to note all the events and appointments you have coming up (a.k.a – your workouts!)

To Build Healthy Habits:

Beeminder: This is for the person who knows what they have to do but has a hard time following through! Beeminder allows you to sign contracts, create goals, report in, and track your own yellow brick road. It gives you flexible self-control. Who doesn't need that?!

HealthyWage: Place your own bet with weight loss and activity. This app offers you a wellness challenge while earning cash prizes to get in better shape! If you are motivated by moola, this may be the perfect for you to give it a try!

Stickk: For those who set goals but have some hang-ups with actually making them happen. Users define their goal, acknowledge what it'll take to accomplish it, and leverage the power of putting money on the line to turn that goal into a reality by signing a commitment contract. Track progress, post images, and connect with your friends!



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21 Habit: This simple program helps you to make or break a habit. First, you enter that habit you would to make or break, then you choose between free mode or committed mode, check-in every day for 21 days, and complete the challenge. Absolutely worth a try if you have had trouble with changing habits in the past.

To Nourish The Body:

Rise: Take the guess work out of dieting by working with a coach. Top registered dieticians in the country will help you. Step 1: Share meals (and pics) with your coach, Step 2: Your coach will pinpoint your trouble areas and provide daily accountability, Step 3: Set challenges and celebrate victories. The best part is that you can have a dietician right in your pocket and a wonderful option for those that want advice on making daily dietary decisions.

ChooseMyPlate.gov: This online tool and free resources are offered by the USDA. USDA provides science-based dietary guidance to the American public. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. There are many online tools, calorie calculators, recipes, printable resources, checklists, and more to help guide you in the right direction. If you have doubt where to start when it comes to nutrition, start here.



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To Learn From The Pro's:

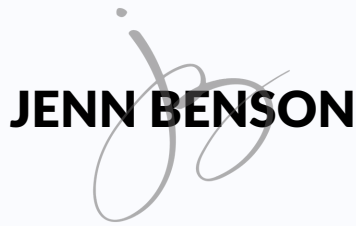
Nike + Training Club: Get workouts from Nike Master Personal Trainers. This is a great app for guided workouts that are free and effective! Pick your need: get lean, get toned, get fit, or get focused. Pick your experience level: beginner, intermediate, or advanced. Then you can even sync your music from iTunes and get going!

Self.com: If you are familiar with Self magazine, you would love to discover their online community. Self provides advice and endless resources on the topics of fitness, food, love, health, and beauty. They offer recipes, workouts, and daily routines, newsletters, meal plans, science-based articles, and fitness challenges. Check it out if you want online resources from the pros that know!

To Be More Positive:

Unique Daily Affirmations: This is a free, creative affirmation app that helps bring positive changes into your life. Through uplifting statements and daily quotes, you can wake up with a feel-good attitude to and set the tone for the rest of your day. Great tool to use for a boost of motivation, inspiration, and positivity in your life.

Happify: This provides simple and effective science-based solutions for your health and well-being. They have games and activities that can be accessed from anywhere – tablet or smartphone. Emotional well-being can be measured so you can improve your overall life satisfaction. The latest research on happiness can be found all right here.



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To Define Your Dreams, Goals, & Wishes:

Lifetick: This is a web-based software that helps you track and achieve your goals. Goal setting made simple to be exact. The difference with this program compared to others is that this tracker can be used to set and track goals for school (think students), business (think staff), and your own family. Start by establishing your core values, set SMART goals, journal, capture dreams, and chart your progress to see your achievements. You can also get support from family and friends by enlisting supporters that can view your goals and cheer you on. Whahoooo!

SiWish (bucket list): Described as the most inspiring app for Lifetime goals, this can be anything from travel, wellness, sports, family, relationships, learning, career, wealth etc. You can also find ideas online at iwishbucketlist.com. This will help you discover, dream, plan, visualize, and achieve your deepest desires. This app will also provide over 1200 ideas in the case that you need some suggestions. Fun to play around with this app and see what life you can start to build for yourself.

To Keep Your Weight in Check:

Happy Scale: When you're losing weight, you need all the motivation you can get! This app will keep you on track and show you trends with your weight loss, not just the number on the scale! It helps you change your relationships with the scale and provide you with insights and milestones to assist you in achieving your goals.



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For Outdoor Fun:

Leafsnap: If you are out and about taking a walk and want to spice up the fun, try this app. Take a photo of the leaves you pass and the app will tell you what tree it is from. This electronic field guide is not only for the ecology geeks out there! Just the curiosity of nature can turn your boring walk into a learning adventure.

iBird Pro: This app provides a handheld field guide to birds of North America. You can take your next walk starting off clueless and ending as a bird expert! This app can identify nearly 1000 species and comes with audio bird songs and calls, range maps, identification details, and photographs of birds. Become a true Ornithologist!

RootsRated: This is a platform that connects users with the best outdoor experiences, hand-picked by other local outdoor retailers and their network of local experts. If you want to know the real scoop and read helpful reviews, this is the place to find collective expertise of local runners, skiers, bikers, paddlers, hikers, and climbers and more. Enter your city and you will be connected to the best in your area.

For The Gamer:

Zombies, Run!: This app brings video game and suspense in real life together! You will head out for your walk and pop in your headphones. Then you will be given your mission. As you are chased by zombies, you have to speed up! Collect supplies along the way and build your base. There are over 200 missions so you will never get bored. This app certainly doesn't lack in motivation or adrenaline. Great way to jog, run, walk and mix things up.



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Charity Miles: This app lets you earn money for your charity while moving! If you like to have a purpose to your actions and you enjoy making a true difference in peoples lives, this app would be perfect for you. This GPS-enabled app works by tracking mileage. Take your dog for a walk and earn money for a cause that your passionate about. It's a win-win!

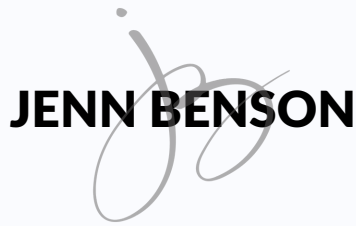
Runtastic: This GPS-enabled app let's you track your exercise, analyze your results (such as distance, speed, calories burned, time and more), and share your success. It also provides a cyber cheering section for you! Set new records and live a healthier lifestyle with this app for sure.

Fitocracy: This online game and social network that aims to use gamification to help users improve their fitness. Here you can also work with expert trainers that will help you reach your goals. Motivation and accountability is the name of the game with this app. Track your workouts, earn points, unlock achievements, beat quests, fight the lazy dragon, and join the fitness community.

For Support and Inspiration:

PumpUp: This app provides all the tools you need to live a healthy lifestyle. It includes coaching, photo sharing, and 24/7 support. Learn from inspiring people, follow streams of topics that interest you the most, find the perfect workout routine tailored to your needs, track your progress, and have fun along the way. Time to get pumped up!

Strava Running & Cycling: Track your running and riding with this GPS app. Join friends, find friends, share photos, and stay motivated with this user-friendly app. You will be able to measure your performance and connect to a social network of like-minded runners and cyclists. Use the world's largest route and trail resource to get it done!



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For Awesome Beats:

Pandora: Most of us are familiar with Pandora but if you are not, this is the most popular place to be if you want to listen to a certain genre and want someone else to pick similar tunes for you with internet radio. You can create stations from your favorite songs, artists or genres. You can also search browse to find recommended stations for your mood or activity. You can enter things like Yoga or Power Hip Hop for example. It's always a surprise to see what song is going to play next!

PaceDj: This app allows you to find your music based on your activity, tempo/ pace. There are workout lists entitled things such as Easy run or Moderate walk. This app is ideal for running, walking, and cycling.

Spotify: This is a digital music, podcast, and video streaming service that gives you access to millions of songs and other content from artists all over the world. This app is slightly different from Pandora because you actually get to pick the songs not just the genre or artist and build song playlists. Basic functions such as playing music are totally free, but you can also choose to upgrade to Spotify Premium.

To Relax the Mind:

Headspace: This is for the person that would love to learn how to mediate but doesn't know where to start. Headspace is mediation made simple. It will teach you basic mindfulness skills that you can apply in everyday life. Start with a 5-minute or 10-minute sessions. You are guided through a meditation by a calming, gentle voice. It's so easy you will wonder why you didn't start sooner.



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Relax Melodies: This is the #1 app for relaxation and sleep. It offers over 100 relaxing sounds and sleep meditations that you can custom mix and fall blissfully asleep to. You can create your own soundscapes with sleep sounds and melodies. Ahhhh!

Gratitude Journal 365: This app is a beautiful way to keep track of your thankfulness every day of the year. You can create daily entries, pick a photo for the day, and password protect your journal. Gratitude 365 will build that positive habit to help you stay on track and focus on the good things in life.

Water Time Pro: This cute little drop of water with a face will pop up on your phone to remind you to drink more H2O! Water Time Pro is one of the top-rated app for setting water reminders. The app will help you calculate how much water you should be drinking just by a few initial inputs from you (i.e.: your height, weight, and gender). If you don't drink enough water and feel like you always forget to, this app would be perfect for you.

Bed Time Fan: Need the sound of a fan when you go to bed? White noise lover? Use White noise as a focal point for meditation? Just like that good ol' bedroom fan, there are settings for low, medium, high and you feel like you have a fan in your room minus the breeze! This app has a built-in timer that you can utilize as well.

White Noise Ambience Lite: This is also known as the "nap app". It has been considered as the ultimate sleep-aid device. Choose from 76 relaxing sounds and create your list of favorites. You can mix sounds and set timers. A simple tool for catching zzzz's anytime, anywhere!