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Temat: Get in shape with our fitness apps.



### Zadanie:

Przeczytaj informacje z witryny poświęconej aplikacjom zdrowotnym i fitness i odpowiedz na poniższe pytania.



If you want to get fit and eat more healthily, you will probably look for an app to help you. There are plenty of apps available on the market, but don't try to use all of them - two should be just enough: one for your fitness training programme and the other for your nutrition plan. However, if you want them to be effective, you need to make them part of your routine and not to give up before making sure whether they work for you or not. Check out our recommendations:

**Do-It-Yourself - Sport** - If you want to try out yoga at home, from the simplest to more complicated positions, this app is for you. It comes with audio instructions, which are accompanied by 150 illustrations that will help you do the positions correctly.

**RunKeeper** - Designed for anyone who enjoys walking, jogging, running or cycling and wants to plan an exercise routine and store data on their pace, distance, time and calories burned.

**Fooducate** - Would you like to make informed decisions about what you buy? This app scans the barcode of a food item and provides you with information on the calories, nutrition, and ingredients that it contains.

**Workout Trainer** - This app contains thousands of workout programs for every level of fitness. You can now work out in the comfort of your own home with detailed instructions that will add variety to your exercise programme.

**Breathe2Relax** - This app is ideal for anyone who wants to learn how to cope with stress; it contains breathing exercises and relaxing music to help you calm down.



1. Do you use any apps to help you lead a healthy lifestyle? What are they?
2. Which of the apps mentioned in the text would you like to try out and why?
3. Do you agree with the author that even the best app won't help achieve your goals if you don't stick to a routine?

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