

Best Workouts on the Web

Diet & Fitness

- Celebrity Diets
- Diets A-Z
- Diet Basics
- Diet Journals
- Fitness
- Men's Fitness Center
- That's Fitness

Hot Workouts

- 15 Minute Workout
- Best Arm Exercises
- Butt-Toning Moves
- Free Diet Journal
- Get Flat Abs
- Running
- Transform Your Body
- Which Burn More Calories?
- Walking
- Yoga

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Need to Know



By Gabrielle Linzer

Technology keeps track of your daily schedule, stores your music collection and keeps you in constant communication with the important people in your life. So when you mount your bike, strap on your running shoes or hit the gym, why should it be any different? A wealth of new interactive

websites and iPhone applications are available help fitness buffs revamp their routines and beginners get in shape. We've narrowed down some of the best on the web, so you can find the one that's right for your needs, whether you're looking for motivation, want to customize your run, give a personal trainer a try or track your progress.

WeightMirror.com

Cost: Free, mobile version costs \$2.99

Ever wonder what your "after" picture will look like when you finally achieve diet success? Weight Mirror let's you get a sneak peak at what you'd look like 10, 20, even 50 pounds lighter. Just download a current photo of yourself and the program will morph your figure. Weight Mirror allows you to compare your "before" and "after" photos side by side and calculate your BMI to determine whether you're overweight, underweight or just right. Try the program out for free on the website, or buy a mobile version to refer back to when you're tempted to reach for some extra dessert.

FindMyTrainer.com

Cost: Use of site is free, Trainers cost \$65-\$75 per hour

Searching for an inspiring personal trainer who specializes in your fitness goals and is available when you need them can be a daunting and costly chore. Instead of scouring the web for potential candidates, FindMyTrainer.com is a no-strings-attached service designed to match you with a certified, insured trainer in your area. FindMyTrainer.com conducts a phone interview with each client before they are matched to get detailed information on their goals and experience. The service offers trainers who specialize in everything from weight loss to injury rehabilitation to endurance. Every trainer on the site has agreed to a \$65-\$75/hour fee and you're not required to sign a contract, so if the first trainer you meet is a flop, you can move on to somebody who is more your style without paying any penalties.