

## Inspirational CDs for Walking (good walking rhythm)

Walk the Walk by Leslie Sansone

Saturate by Jeff Deyo

Surrender by Jeff Deyo

Restored by Jeremy Camp

Almost There by MercyMe

Undone by MercyMe

Illuminate by David Crowder Band

Remedy by David Crowder Band

Freedom by Darrell Evans

Arriving by Chris Tomlin

Redeemer, One Touch, and Call on Jesus by Nicole C. Mullen

Psalms by Shane & Shane

Relentless by Natalie Grant

## Favorite iPhone Apps for Walking

### *Bible*

Reading plans for the topical reader, the yearly reader, the historical reader, and so much more.

### *Bible Verses App (2 different apps)*

These two apps have the same title and are helpful if you enjoy bible verse memory. Click on "Bible Memory and Bible Verses."

### *Bible Dictionaries App*

This is a great short cut to find out what words mean in the Bible.

### *Matthew Henry Commentary*

This is a great commentary to use while traveling the globe on your way to Bethlehem.

## Free Pedometer Apps for the iPhone

### *Pedometer Free*

**Pedometer Free** might be the most popular **iPhone pedometer app** for calculating the number of steps. Pedometer uses device's Accelerometer to detect the movements. Just calibrate the Accelerometer from **Pedometer app** and it will show very accurate and precise results. Pedometer Free counts the number of steps, estimates calories burned, pace, speed and workout time. Users can upload their stats to Facebook or Twitter or both in a single step.

### *Runtastic Lite*

Runtastic Lite is a GPS based all-in-one fitness app. With this Pedometer app, users can monitor their activities and compare their stats against the competitors. Users can also map their route before starting the exercise. Runtastic Lite calculates the distance traveled, calories burnt, speed and more. You can set up a training diary and track your history. Sharing the activities on Facebook and Twitter is also a notable feature. Users can perform a lot of indoor and outdoor activities with Runtastic. Runtastic Lite also features a built-in Compass and progress graphs.

### *Pedometer Step Counter*

**Pedometer Step Counter** app is brought up by the developers of Runtastic. This iPhone Pedometer app is simple and easy to use. Calibration is not required as the app does it automatically. Place the phone anywhere – in your pocket, waist or tie it to your arm – no matter. Pedometer Lite counts the steps, calories burned, frequency, etc. The **pedometer app** shows great accuracy. Users can also upload their activities to Facebook and Twitter.

### *RunKeeper*

RunKeeper is an excellent GPS based fitness app. This Pedometer apps uses an online account at runkeeper.com to keep the data. Users can also monitor the activities from runkeeper.com. Also, after performing an activity the data is synced to the online account. This **Pedometer app** can also run in the background, so users can listen to music. The updated stats are given out through headphones. This **iPhone Pedometer app** is basically designed for outdoor activities.

### Footsteps

Footsteps is a good pedometer app on iPhone. The only limit of this Pedometer app is that you can count only up to 3000 steps in the free version. So this iPhone Pedometer app might not be for you long term. Footsteps calculates time duration, number of steps, speed, distance traveled and calories burned.

