

<http://healthyalberta.com/1674.htm>

## FREE app encourages physical activity among youth

*Spirit Runner* is a iOS app for iPhone, iPod Touch and iPad designed to engage youth and encourage them to be active. The app is fun to use and easy to navigate. *Spirit Runner* is free and contains no advertising. Download *Spirit Runner* from the [iTunes Store](#) or visit <http://www.spiritrannerapp.com/>.

*Spirit Runner* creators and fitness activists Janice Ryan and Don Patterson strongly believe that keeping youth active is a key ingredient in helping them to enjoy a healthy, happy and productive future. The two joined forces with Fission Media to design a mobile tool that is practical, inspiring and rewarding.

### Features

**Activity Log** - records activity, date, time, workout pals. Track activities with GPS, step counter and a timer. Email/text/tweet completed activities.

**Reminders** - set daily, weekly or monthly reminders for upcoming activities. A pop-up box and bell alert the user that it is time to get active.

**Motivations** - hundreds of inspirational quotes by athletes and world leaders are available at the swipe of a finger. Favourites can be starred and emailed/texted/tweeted to friends.

**Achievements** - achievement badges pop up to reward the user as various activities are completed. *Spirit Runner* was originally designed for Aboriginal youth with their input.

The opening screen art, the Achievements graphics and several of the Motivations quotes honour Aboriginal culture. The *Spirit Runner* fitness tracking app is being downloaded and used by people of all ages and cultures from around the world. Within Alberta, some of the sports programs using it include Ski Fit North Alberta headed up by Olympic gold medal skier Beckie Scott, Greater Strides Hockey Academy led by former NHL player Brantt Myhres, the City of Edmonton's Nîkâniw Aboriginal Youth Leadership Program and the YMCA.

[Download the app!](#)