

On the Road

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 By [ROGER CHENG](#)

Stay in Shape Out of Town

Even the most dedicated fitness enthusiasts can get knocked off their daily routine while on a business trip. Now a cellphone or portable media player can help keep your workouts on track.

Options range in sophistication from video workout instructions to motion sensors that count your steps to programs that track your diet. A cellphone, of course, won't motivate you to push yourself. But it's a lot more practical than dragging along a personal trainer.

What follows is a look at mobile-device programs that can help you stay in shape the next time you're out of town for a few days.

VIDEO WORKOUT PROGRAMS: PumpOne LLC's FitnessBuilder application for [Apple Inc.'s](#) iPhone features more than 500 workouts. For travelers, these include push-ups on chairs, curls using water bottles, and weight lifting with your suitcase. Each workout has written directions, with some featuring videos that can be accessed on the Web. The program times your workout and allows you to make notes after finishing. It's pricey at \$4.99 a month, or \$34.99 a year, but new workouts are continually added. An older version with 200 workouts sells for a one-time charge of \$9.99.

PumpOne also sells a program for other types of cellphones with media players. A travel-centric option features a set of workouts illustrated with stills and video, costs \$7 and can be found at [PumpOne.com](#).

[MyPypeline.com](#), run by Pypeline Health Inc., is a source of workout videos. Its library focuses on a number of areas, from burning fat to prenatal fitness. If you're a golfer, it also has videos that help you warm up, stretch and work on your mechanics. Videos from MyPypeline.com can be streamed to your laptop. Some are free, but others cost several dollars. You can also download them into a format compatible with most smart phones. It costs more to download them. Bundles with more features, including an extensive selection of instructional videos, can cost as much as \$150.

"The site is good for anyone at the beginner or intermediate level that may not have a plan of action," says Mark Klion, an orthopedic surgeon and Iron Man competitor who contributes videos that deal with recovering from injuries.

IF VIDEO IS EXPENDABLE: A cheaper option is Medical Productions Inc.'s iFitness program, which at \$1.99 is the most popular health and fitness program on Apple's iTunes App Store. It will guide you through 160 workouts using pictures and

Roger Cheng delves into the world of mobile fitness, using your mobile phone to help you get in exercise at the office or when you're traveling.

instructions, but no video. It also lets you log your routines and chart your progress. And it has a range of travel-related exercises available.

PEDOMETER POWER: If you're looking to get out for a walk, try [AWare Technologies'](#)

StepTrakLite, which is available free for the iPhone or iPod Touch. The program uses the device's motion sensor, known as an accelerometer, to track how many steps you've taken, acting as a pedometer.

Richard DeVaul, AWARE's president, touts the program's ability to distinguish between a walking step and a running step, which is a key to interval training, a mix of walking and running.

While the program is now available only on the iPhone, Mr. DeVaul says he is looking at creating a similar program for [Google Inc.](#)'s Android platform and [Research In Motion Ltd.](#)'s BlackBerry Storm, since both the G1 and Storm feature an accelerometer, which is necessary to record steps.

GPS IS WATCHING: G1 users can try WorkSmart Labs Inc.'s Cardio Trainer, which features global positioning tracking for running (allowing you to eventually run back to your hotel), exercise statistics and a workout log. It's free on the Android Market, which can be accessed using the browser on the phone.

AllSport GPS, a program for phones without full Web access, uses the phone's global positioning system to track how far a person has walked, run, biked, snowboarded or skied. Some phones need a direct line of sight to the sky for their GPS, so indoor use may be a problem. The program, from [Trimble Navigation Ltd.](#), is available through a few wireless carriers. It costs \$5.99 a month, or \$1.99 a day. You can find out if your phone is compatible at [TrimbleOutdoors.com](#).

COUNTING CALORIES: To stay healthy, you also have to be mindful of what you eat. Iambic Inc.'s Health & Diet Manager for BlackBerrys calculates calories or fat when you enter the types of food you eat. It also will help you calculate how many calories or how much fat you've burned off after exercising. You can find the program, which costs \$19.95, on a number of online application stores, or at [www.iambic.com](#).

Fast Food Calorie Counter does just what its name says. It also tells you how much fat, protein and fiber there is in various menu items. The program covers major chains like [McDonald's Corp.](#), and cult favorites such as In-N-Out Burger. AT&T wireless users can get the program, created by Concrete Software Inc., for \$6.99, or pay a subscription of \$2.99 a month through [AT&T Inc.](#)'s MEdia Net store.

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