



ACTIEVE APPS!

- **"HUMAN"**: HOU JE DAGELIJKSE ACTIVITEIT BIJ (APPLE IOS), ...: [HTTP://HUMAN.CO/](http://human.co/)
- **"MOVE"**: HOU JE DAGELIJKSE ACTIVITEIT BIJ (ANDROID)
[HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.PROTOGEO.MOVES](https://play.google.com/store/apps/details?id=com.protogeo.moves)
- **"RUNTASTIC PEDOMETER"**: STAPPENTELLER (10 000 STAPPEN PER DAG IS HEEL GEZOND!):
[HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.RUNTASTIC.ANDROID.PEDOMETER.LI](https://play.google.com/store/apps/details?id=com.runtastic.android.pedometer.li)
[TESHL=NL](https://play.google.com/store/apps/details?id=com.runtastic.android.pedometer.li)
- **"RUNKEEPER"**: VOLG JE GELOPEN AFSTANDEN, JE PROGRESSIE, JE ENERGIEVERBRUIK, ...
[HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.FITNESSKEEPER.RUNKEEPER.PRO&HL=NL](https://play.google.com/store/apps/details?id=com.fitnesskeeper.runkeeper.pro&hl=nl)
- **"START TO RUN"**: [HTTPS://WWW.START-TO-RUN.BE/](https://www.start-to-run.be/)



WERKEN AAN WELZIJN