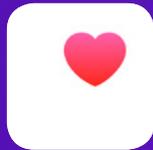


How to keep fit with tech:

During these difficult times BT are helping to keep the nation connected with a range of Top Tips on Tech. So here are a few simple tactics that everyone at home can use to stay fit and healthy, and reach your fitness goals.

To use some of this technology you'll need to be connected to the internet. You may be charged for using wi-fi and mobile data, so make sure you check your allowance with your provider.



Tip 1: Creating goals

Most smartphones have their very own built-in health app and these are a great way to create goals or track your fitness. You can track your steps, see how far you have run and how long for, as well as monitoring your weight, heart rate, nutrition, and mindfulness.

Tip 2: Using exercise apps

There are many useful fitness apps like [Nike Training Club](#) and [Nike Run Club](#) that are great for tracking progress, managing your goals or competing against others. Staying fit isn't easy, but it doesn't mean it can't be fun. So whether you're going solo, or getting your friends involved, turning fitness into a game is a fun way to incentivise your training and up the stakes.



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Tip 3: Train Like The Pride Programme

If you really want to up your game and train like a pro, check out the [‘Train Like The Pride’](#) programme which is part of the FA’s ‘MATCH FIT’ initiative. Currently 5 weeks into their free 12-week training programme these videos are a great resource for anyone to use and give an insight into the elite training international footballers go through to get match fit.

All you need to do is scroll down to the bottom of the page to find all the available videos.

Tip 4: Compete on social media

Social media is a brilliant way to feel part of something bigger, as a team.

It’s a great way to spice things up and give you that extra motivation, spurring on family, friends, teammates, colleagues, using Instagram, WhatsApp, or Facebook groups to motivate one another.



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Tip 5: Manage your mental fitness

Mental fitness is just as important as physical fitness, and shouldn't be neglected. There are also lots of different mental health apps out there like [Headspace](#) and [Calm](#) that help you maintain a good mental state.

They aim to improve your sleep pattern, boost confidence, and even reduce stress and anxiety.

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