

WalkMate: Walk Your Way

Young or old, fit or just getting there – we all need a way to control the calories that our body gladly consumes throughout the day. There are many ways to find out the number of calories you burn; some fancy gadgets will do the tracking of your daily activities for you and provide you with cumulative info to rely on. One way or another, it is either a matter of time and effort that you dedicate to applying the calculation methods or a good deal of money that you spend on an assisting device. However, there are tools that can help you easily stay aware of just how much energy you spend on some activities, like walking, without the need to undergo undesirable expenses.

For many, walking is an excellent way to exercise. Though not excessively demanding in terms of effort, this type of physical activity is suitable for almost everyone; moreover, it is by no means inferior to more intense exercises in view of some vital health benefits that it ensures, physicians say.

Whether an occasional stroller or a seasoned walker, you sure can benefit from knowing how much of burnt unneeded calories your walking effort is converted into. And if you are an owner of an Android-powered mobile device, you can have this information at your disposal two taps away, anytime, anywhere.

The new Android app, WalkMate, is a great way to count calories you burn while walking. The moment you tap to run the application, an intelligent and reliable algorithm kicks in and starts counting for you. WalkMate by HealthWalk, Inc. is an all-in-one product you need for a comprehensive way to keep a good record of all your walking activities. Its intuitively simple interface offers an extensive set of options and modes custom-tailored to suit the many needs a walker might have. WalkMate will tell you all about your performance – how much you walked and at what speeds; how much energy you've spent within a certain period of time while walking; the app will help you set goals and monitor the progress at all times; it will memorize your routes and provide statistics to show which of them are most optimal for you.

Just input once some basic info like gender, age, height, and weight of the walker, and WalkMate will apply its power to give you the fullest picture possible of your walking habits and progress. When on a stroll around neighborhood, a walk to school or any other place, even a random travel on foot anywhere – use the application to monitor the calories you burn, and get a lot more info from your WalkMate. With its extremely low requirements to your smartphone hardware and its performance optimized for long battery life, you have nothing to worry about.

Just enjoy your walk, and WalkMate will do all the tracking and counting for you. WalkMate is your all-time walking companion.