

RTB Spa

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Links and Aps for fitness and Health: (I do not make any money off any of these aps)

MyFitnessPal:

<https://www.myfitnesspal.com/>

Cronometer:

<https://cronometer.com/>

Macro Factor:

<https://macrofactorapp.com/>

Lose it!

<https://www.loseit.com/>

Yuka – Yuka deciphers product labels and analyzes the health impact of food products and cosmetics

<https://yuka.io/en/>

## Free Training – YouTube

HITT:

<https://www.youtube.com/@Heatherrobertsoncom>

Weight Training:

<https://www.youtube.com/@JuiceandToya>

Dumbbell Workouts

<https://www.youtube.com/@sydneycummingshoudyshell>

Full Body Workouts - Dancing Cardio

<https://www.youtube.com/@TheFitnessMarshall>

Pilates:

<https://www.youtube.com/@MoveWithNicole>

Low-impact Exercises

<https://www.youtube.com/@BodyProjectchallenge>

Thenx – At home workouts, using your own body weight, furniture and floor.

<https://www.youtube.com/@OFFICIALTHENXSTUDIOS>