

# PWR!® Virtual Experience

## Recommended Apps

### Music & Exercise



**Interval Timer** (free)  
Use to set your own workout intervals



**Walk with Map My Walk** (free)  
Tracks your walk's distance, route, pace, and more using GPS



**Run with Map My Run** (free)  
Tracks your run's distance, route, pace, and more using GPS



**Clock Yourself** (paid)  
Integrate cognitive challenge into your workouts



**Spotify** (free or premium)  
Search for, then follow 'PWR Moves Music' to add us to your playlist options.

You can also follow these playlists:

- PWR Moves Music
- pwr moves music
- PWR! Standing 100-110 BPM
- PWR! Walking 120-135 BPM
- PWR! Drumming



**Metro Timer** (free)  
A metronome and timer in one

### Meditation & Mindfulness



**Buddhify** (paid)  
Mindfulness Meditation on the Go



**Calm** (free)  
Meditate, Sleep, Relax



**HeadSpace** (free)  
Meditation & Sleep



**Health Through Breath**  
(free or paid)

### Voice Training



**Speak Up for Parkinson's**  
(app for tablets only, free)



**Bla Bla Bla** (free)  
A sound reactive app for iOS

### Medication & Symptom Tracking



**APDA Symptom Tracker** (free)  
Track symptoms & manage your care



**Medisafe** (free)  
Pill Reminder & Medication Tracker

### Social Media



**Facebook**  
Follow Parkinson Wellness Recovery on Facebook for news, updates, interesting research, and more!



**YouTube**  
Find Parkinson Wellness Recovery on YouTube for PWR! videos, archived expert and community talks, and more.

All product names, logos, and brands are property of their respective owners.