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## Android keep apps running in background

One of the most common reasons why your Android device's battery can be discharged too quickly is when there are too many apps running that can empty your Android battery. When this happens to you, one of the simplest things you should try first is to prevent apps from running in the background on your Android device. Your Android device is well equipped to run multiple apps in the background. If the app is written by a professional programmer, it does not cause any problems with battery or memory consumption. This is because if an app is running in the background, it will only consume a little of the device's battery (in the form of memory usage or CPU time). Of course, some apps are used more or less depending on what the app is. Your solitaire game will not (or should) check your GPS position or perform another task at intervals. You can see all the apps you've run in the background by tapping the square navigation icon in the lower-right corner of your Android display. Remember, it can also have multiple windows within apps, such as multiple tabs within the Google Chrome mobile browser. Each of them could potentially consume resources as well. Unfortunately, there are many badly written apps on Google Play, and if you install them on your phone, they can consume more battery, CPU, or memory than they should. If you've installed many apps over time that you've forgotten, your Android memory, battery, and CPU could be burdened by the excessive load of poorly written Android background apps. The best way to reduce the load on your Android's system resources and extend battery life is to ensure that the only apps running in the background are the apps you want to run. There are a few ways to see which apps are running in the background and consuming your Android's resources. Open Android Settings > General. Tap Developer Options. Select Running Services. This will show you the apps that are currently running on your Android, how much RAM they consume, and how long they are running. If you don't see developer options in the settings menu, scroll down and select About the phone. Tap Software Info at the bottom of this screen. Then tap Build Number seven times. This activates the developer options in the Settings menu. To see how apps consume battery power, go to Android Settings > Battery or Battery Usage. As you complete these steps, look for and consider closing any apps that consume excessive memory or battery consumption and are not optimized. You forgot not expected to run in the background. To put your phone into battery saving mode, select Battery > Battery Saving >. Once you have the list of apps you know are consuming too much RAM or battery (or those you just don't want to run), it's time to kill those background apps. Select Settings > Apps & Notifications. Select an app you want to pause and tap FORCE STOP. If you force the app to quit, it will be used during the current Session. However, when you restart your phone, the app restarts. If you want to get rid of the app permanently, select UNINSTALL on this app screen and confirm the uninstall. Alternatively, you can force an app from the list of apps in the Storage Usage window that you saw in the last section. Under Run services, select the app, and then tap Stop to force the application to close. The app only erases battery or memory issues until you restart your phone. All apps that are launched at startup will be restarted and can cause the same problems. Uninstall any apps you don't use much, and this will help to permanently improve battery or memory issues. There are many apps aimed at Google Play for runners. These are in addition to the pedometers from Google Fit and Samsung Health, which are usually pre-installed on the device. The running apps in this list are free or have a feature-rich free version, have mapping features integrated with the GPS into Android phones and can be personalized. All apps listed below should be available no matter which company makes your Android phone, including Samsung, Google, Huawei, Xiaomi, etc. Runkeeper is a run-based Android app. Although it doesn't have the personalization options that other apps offer, it's the master of the social network. If you're part of a fitness or running group that uses Twitter or Facebook to share and compete with other members, Runkeeper is your app. The mapping feature is solid, and you can view the map at any time during the workout, not just when you end the session. Despite some drawbacks that can be fixed in future updates, Run Keeper is a solid app at a solid price: Free. Runtastic is similar in features and functions to Runkeeper. Runtastic is geared towards cardio exercises such as running, hiking, cycling and hiking. The interface is easy to use and its mapping function is accurate and powerful. The downside of Runtastic is that you won't be able to view the map of your route until you've finished training. It also has limited personalization settings, and lacks an internal music player. Zombies, Run! is a running app for Android (and iOS) that turns your regular run into a post-apocalyptic survival audio experience so you can forget how tedious it is running. Scripted radio broadcasts are mixed up with your regular music collection that build on the zombies, run! Story and random zombie events triggered during your route, forcing you to run faster or lose in-app points. It's intermittent exercise, but in a whole new way. Maybe You haven't been running anywhere since high school gymnastics class or you've just stopped training in recent years. Either way, C25K (short for couch up to 5k) is a good way to get active again. It's a super simple app with a clean interface that anyone can start with in minutes. C25K is designed to remove all obstacles when it comes to running. It has a fantastic integration with multiple music apps and and Tracking features without too much data to confuse you. With C25K, you can install the app and get started right away. Even better, you will feel fulfilled. There is also some room to grow with this. Want more option? Check out our roundup of the best couch to 5K apps. Under Armor has several fitness apps, and Map My Run is the one specifically for runners. Map My Run is all about mapping your run and tracking your progress. The goal here is to find out which routes work best for you. Map My Run keeps its promise to give you the tools to track your run, but it also feels a bit like a great ad for Under Armor. If you're working with other Under Armor gadgets, this is probably a good thing. Otherwise, one of the other apps in this list is probably more appropriate. Nike Run Club offers a much more appealing experience than many other apps. From the name alone, you can assume that Run Club is more interactive. With this app, it feels more like a virtual gym than an app. Nike Run Club offers all the usual tracking and mapping features you'd expect from an app like you, but it also offers many ways to stay motivated. Guided runs, challenges, achievements, and social components help to shake things up and give you a bar that you can reach. For more serious runners, there is Strava. Strava does not hold your hand and does not try to encourage you. Instead, it gets straight to the point and provides the tools you need to make the most of the runs you make regularly. Strava's other strong suit is his social component. Think of it as a community of runners and use Strava to coordinate with or compete with your friends. Running Distance Tracker+ is the best-looking app in this list. It is clean, modern and sport a unique dark theme that really stands out. This app doesn't just look good. It's also a fantastic tracker that maps your run and records all the data you can hope for, including your pace throughout the run. Running Distance Tracker+ is easy to start with, but if you have certain settings, it opens the door with a full settings layout to customize how information is displayed on the screen. Endomondo is another under armor app, and while it's not designed specifically for running, it's still a great companion. Endomondo makes starting your workout as easy as possible and tracks the most important information about your run, including calories burned. The core functionality of this app is good, but as soon as you want something extra, you pay for the premium version. Endomondo can be great, but there are better free options for most situations. Pumatrac is more or less an easy way to track your workouts. You can start and stop, time them out and assign your routes when you are running. It's all simple and uncomplicated. Pumatrac's main selling point, via other apps here, is the wide library of workouts that it offers for free. You are not all focused on running, but you should not Problems finding something related to this app.app.

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