

## Health and Fitness Apps

(This hand out is for educational purposes. Consult a physician before using any of these apps. By voluntarily using these apps, you assume the risk of any resulting injury.)

### 1. Couch to 5K



If you've wanted to try running but never know where to start, Couch to 5K should be the next app you download. The free eight-week program gives users three workouts per week that get you ready for your local Turkey Trot or Fourth of July road race. (Free; iOS and Android)

### 2. Zombies, Run!



Running becomes way more fun when each step gets you closer to carrying out your mission, collecting materials for your base camp, and keeping humans safe from the zombie apocalypse. This game helps you get your sweat on. (Free with optional in-app purchases; iOS and Android)

### 3. Motion Traxx



Listening to music can be the perfect way to add extra oomph to your workout, but crafting the perfect playlist is tricky. That's where Motion Traxx comes in. The app combines coaching from world-class trainers with music designed to set the perfect intensity for every phase of your workout. (Free with optional in-app purchases; iOS and Android)

### 4. Spotify Running



Part of the Spotify app, Spotify Running measures your pace and picks a song with the beats per minute to match it. (Free; iOS and Android)

### 5. Map My Run



Map My Run is a fitness tracking app that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including

duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map. You can even effortlessly save and upload your workout data to Map My Run where you can view your route workout data, and comprehensive workout history. Explore all the “Map My” apps (Map My Ride, Map My Hike, Map My Walk, Map My Fitness, and Map My Dog Walk). (Free with optional in-app purchases; iOS and Android)

#### 6. Run Keeper



Run Keeper is one of the most popular and efficient running apps out there. It's a feature rich app that enables GPS tracking distance, speed monitoring, caloric output, and activity history. You can use it for running or in multiple other sports, including cycling, hiking, skiing, and swimming. (Free with optional in-app purchases; iOS and Android)

#### 7. Charity Miles



This free app allows you to earn donations as you sweat. Track your exercise miles with the Charity Miles app and earn 10 cents a mile for bikers or 25 cents a mile for walkers and runners for your charity of choice. (Free; iOS and Android)

#### 8. Fitnet



Fitnet is the workout app for people who can't carve out time to go to the gym. The app features an abundance of five- and seven-minute targeted workouts, so you don't have to sacrifice time with your friends and family to achieve fitness goals. Plus, the app uses your phone's camera for a whole new kind of selfie- this one measures how closely you follow the moves shown on the screen. (Free with optional in-app purchases; iOS and Android)

#### 9. Sworkit



Tell Sworkit the type of workout you are looking for (strength, cardio, yoga, or stretching) and the amount of time you've got (anywhere from five minutes to an hour), and the app delivers the moves to follow during your sweat session. (Free with optional in-app purchases; iOS and Android)

#### 10. Daily Yoga



More than 50 classes shot in HD video are just a few taps away. Each sequence has a specific focus, from increasing flexibility to strengthening your core. Plus, there is a library with detailed videos of more than 500 poses. (Free with optional in-app purchases; iOS and Android)

#### 11. Nike+ Training Club



Nike+ Training Club comes with all the things you would expect from a top-notch fitness app: workouts designed by professional trainers and athletes, customizable fitness programs, sharing capabilities to compare your progress with others, and a sleek interface. (Free; iOS and Android)

#### 12. Endomondo



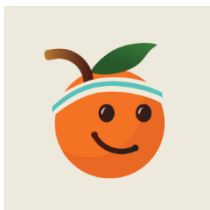
Set a goal for your run, walk, or bike ride, and the app's virtual trainer lets you know if you are on track to meet it or if you need to speed up. It is great to compete against yourself (and your goals), but it's even better when you use Endomondo to challenge and cheer on friends. (Free with optional in-app purchases; iOS and Android)

#### 13. Freeletics



Looking for bodyweight workouts? Freeletics has more than 900 that last anywhere from 10 to 30 minutes. Whether you choose to work out in the kitchen, on the subway, or in your office, you can rely on Freeletics to deliver a great workout for your fitness level. (Free; iOS and Android)

#### 14. Fooducate



Fooducate makes grocery shopping surprisingly fun. Open the app, scan barcodes, and get a quick read on healthy each item is. It also tracks sleep, mood, and hunger levels. Then Fooducate analyzes all of the information and provides feedback to help you meet your health and fitness goals. (Free with optional in-app purchases; iOS and Android)

### 15. Shopwell



This app is all about personalization. Enter in your height, weight, age, and allergies, and then it scores every food you can think of on how healthy it is for you – the closer to 100, the better. And it even makes individual recommendations for similar, healthy products to eat instead. (Free; iOS and Android)

### 16. mySugr



Diabetics don't have the luxury of not paying attention to their food and how it affects their blood glucose levels. It is very tricky to keep mental notes, and a pen and paper just doesn't measure up to the tracking capability of this app. Wonder why certain days you feel crummier than others? mySugr can be your diabetes detective to determine the foods you need to cut back on. (Free with optional in-app purchases; iOS and Android)

### 17. MyFitnessPal



MyFitnessPal is the most popular health and fitness app in the world. The app's database of more than 6 million foods make it easy to track your diet, no matter what you eat. Whether you are trying to lose weight or put on muscle, the app helps you determine the best things to eat to meet your goals. (Free with optional in-app purchases; iOS and Android)

### 18. Lifesum



Have a sweet tooth or a love of junk food? It can feel like you need a whole lifestyle makeover to start eating healthy. But Lifesum proves it is all about small, sustainable changes. Pick a goal (Lose weight, bulk up, or eat better) and the app sends you reminders (drink more water), feedback to improve your diet, and simple graphic ways to visualize your progress. (Free with optional in-app purchases; iOS and Android)

### 19. Lose It!



Lose It! is designed with one goal - to help you lose weight in a healthy, sustainable way. No magic pills, no crazy diets - just a simple, easy-to-use program that helps you stay in your calorie budget. (Free with optional in-app purchases; iOS and Android)

### 20. Noom Coach



Dieting can be so complex. Don't have time to check your macros (or don't know what those are)? Download Noom Coach. Unlike other calorie-counting apps, Noom uses the stoplight approach (green is good; red is not so great) to label healthy food. And you can join in on challenges with other Noomers to get even more motivated to meet your health goals. (Free with optional in-app purchases; iOS

and Android)

### 21. Happify



This app is like a gym membership for your emotional health. The first time you open Happify, you're prompted to select a track that best meets your needs, whether it is finding more "me" time or getting better at handling stress. Each track is designed by an expert using the latest scientific research and full of quick, daily activities, including games, mindful meditations, and assessments. (Free with optional in-app purchases; iOS and Android)