

# HEALTH & WELLNESS APPS:

## Healthy Living At Your Fingertips

Taking control of your health is just a touch away. You can now download health and wellness apps to your mobile phone or tablet in minutes and begin working toward a healthier life in no time. Whether you're looking to count calories, exercise, or need motivation for a healthy lifestyle, there's an app for you. Here are some of the top-rated free apps for iPhone and Android devices to help you reach your health, fitness, and nutrition goals. Find one that's right for you or explore your app store for more options.

### Food and Nutrition Apps



#### Noom Coach: Weight Loss

Noom combines a motivational coach, calorie counter, and pedometer into one app. It allows users to log meals and workouts, while it simultaneously counts your steps throughout the day. It sends you wellness articles and nutritional recipes to help keep you on track and color-codes foods in the database to teach you which ones are healthy and which ones are not.

#### Lose It!

Lose It! is a weight-focused app that helps you keep track of your meals, exercise, and nutrition, so you can reach your weight-loss goals. It tallies your calories in and calories out every day using a simple graph, exercise log, and food diary. The app offers lots of options for tracking calories with a barcode scanner, lists of grocery items, a restaurant database, and manual input.



#### Traffic Light Food Tracker

Developed by the Obesity Policy Coalition, this weight-control app gives a traffic light rating based on the amount of total fat, saturated fat, sugars, and sodium in the foods you buy – green for low, yellow for medium, and red for high. The idea is to limit the number of red lights in your shopping cart and replace them with products with green lights.

#### HealthyOut

HealthyOut is a guide to local restaurants that helps you find foods that are healthy and/or fit your specific dietary needs. You can search for local restaurant dishes that meet your dietary and dining preferences and receive advice on how to make dishes healthier.



#### Fooducate

This app helps you learn more about the foods you buy and eat by enabling your smart phone to scan the barcode on packaged foods before you buy them. Each food item is then given a grade on its health and nutritional values, along with suggestions for healthier alternatives. Fooducate also offers apps for those living with diabetes or food allergies.



### Fitness Apps

#### My Fitness Pal

My Fitness Pal is a calorie counter and diet tracker. As you enter your meals each day, My Fitness Pal provides a summary of the nutrients you've eaten and a calorie breakdown. The app also generates a weekly recap. You can keep a food/exercise diary, track your progress and connect with friends.



#### Cody

Cody combines video-based workouts with a supportive fitness community. Using this app, you can watch training videos for such workouts as yoga, weightlifting, and bodyweight movement. You can also track your progress through a timeline that includes notes, photos, times, and locations. You can connect with the Cody fitness community much like Facebook to share and receive encouragement and suggestions about your exercise routines.



#### NFL Play 60

Developed by the American Heart Association, this app lets you pick a character who runs, jumps, and turns just like you do. While holding a mobile device, your character copies whatever move you do as it runs through an endless runner game. You'll see how far you've run and your character can collect coins to buy real NFL team gear. It also provides ideas for additional ways for you to stay active. This app is great for kids.



#### Human

Human encourages you to complete at least 30 minutes of physical activity a day – what the app calls your "Daily 30." Whatever activity you choose, the app will track your movements and let you know when you've achieved your 30 minute goal for the day.



#### Nike Training Club

Nike has recently updated its training app to offer targeted, custom-built workouts in easy-to-follow, step-by-step images. It contains more than 60 workouts from trainers and professional athletes, which you can watch or listen to for guidance.



#### 7 Minute Workout

This app offers a step-by-step guide for short, 7-minute workouts using just your body weight and sometimes a chair or wall. Workouts include animated illustrations of exercises as well as a timer and audio cues to help you get the most out of your seven minutes.



### Health Apps

#### WebMD

This app can help you find information on a range of health issues like symptoms, first-aid advice, and guidance on supplements or drugs. There is also a section that helps you find a doctor, hospital, or pharmacist nearby.



#### First Aid by the American Red Cross

Developed by the American Red Cross, this app gives you instant access to the information you need to know for the most common first aid emergencies. It's an easy to use app with videos, interactive quizzes, simple step-by-step guides, and expert advice for everyday emergencies.



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