

Health and Wellness Apps

Exercise

Fitmo - Have a personal trainer at your fingertips, for workout and meal suggestions, schedules, and moral support.

RunKeeper - Runkeeper is a great motivating tracking system that keeps you moving through motivation talk. But don't let the name fool you, you don't have to pick up running! It tracks walking and other fitness workouts as well, like their prescribed workouts. With the tracking system you can compare your workouts, build new routes, build a motivating playlist, and share all your progress with other runkeeper friends!

Fitstar - You no longer have to cough up the big bucks for a personal trainer to get workouts tailored directly for you. FitStar personal trainer assesses your needs and fitness level by asking you a simple set of questions at the end of every workout. That way every workout is challenging but doesn't crush you. And the program's offerings are a good fit for beginner to fitness fanatics—after all, it was created by former NFL star Tony Gonzalez. (Free; iOS)

Nutrition

Fooducate - An all-encompassing health goal tracking system that not only serves as a “food diary” but allows you to connect with other users in the community, share recipes, obtain support, provides daily tips to keep you on track with your goals and grades various food choices at the scan of a bar code!

HealthyOut - In the mood for takeout, but don't want to bust your day's progress? Punch in your location and any dietary restrictions or desired cuisine, and this app will guide you in the healthiest direction, to include the healthiest item on their menu!

My fitness pal - This food diary provides an easy system for tracking food intake and exercise. This app takes it a step further and configures nutrition information on recipes you input. Plus after continuous use, favorite foods and their information are ready at the click of a button!

Noom Coach - Take control of your health goals with Noom Coach. The Noom Coach provides you a simple to use food and exercise tracking system that allows you to see your progress and make changes in real time. Need some motivation? Connect with other users for a bump up!



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Overall Wellness

Evernote - This virtual sticky note is a fantastic organizational tool for keeping track of both personal and professional to-do lists, appointments, projects, sets reminders and takes pictures.

First Aid by American Red Cross - This pocket reference provides videos, guides, and quizzes to help you gain knowledge of and confidence in treating common emergencies. Once downloaded you will have access to these tools with or without reception. This feature could prove useful in a “happening now” emergency!

Happify - Want to feel happier? This app takes a decade’s worth of science based research on happiness and creates games and activities that help you build healthier habits and coping skills for dealing with life’s numerous stresses and challenges, with an end goal of creating a better quality of life overall.

Headspace - With this app, you have access to unlimited meditation sessions that work to promote overall mental health (ex. happiness, focus, less stress, and improved sleep, to name a few)! Because support is so important in any change, Headspace allows you to link to your friends and give and receive encouragement along the way!

Stop, Breathe & Think App - With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK.

Lumosity - Our brains are muscles. Just like our arms and legs, they need to be exercised too. Lumosity provides fun, engaging games meant to improve memory, attention span, and problem solving skills.

Quit Smoking

Smoke free - Supported by evidenced based analysis, this app provides feedback and encouragement regarding money saved, time lapsed, and how your health has improved since taking the steps to be smoke free!

KWIT - This quit smoking app is strategically designed with games that enhance thinking and problem solving surrounding smoking cessation. It tracks time passed since your last cigarette and how many cigarettes you have said “no” to! Have a craving? “Shake it off” with a motivational card that appears when you shake your phone.

