

Apps for a Healthier You

According to T-Mobile, The average person looks at their phone 150 times a day. So why not use those glances to set and track calorie intake and fitness goals, choose a healthy meal, or follow an exercise routine? Below is a list of CSHP Health Management's favorite health and fitness apps:



- **Noom Weight Loss** helps you log your daily food intake, exercise, and weight and gives you instant feedback on food choices to keep you on track. (iPhone and Android, free)



- **Noom Walk** turns your phone into a pedometer, counts your steps, and logs them daily. (Android, free)



- **MyFitnessPal** is a calorie and exercise log that also has a barcode scanner to help you search for foods quickly. (iPhone and Android, free)



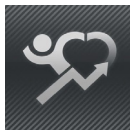
- **Lose It!**, another food and exercise diary, helps you set and track your weight loss goals and has calorie counts for restaurant dishes. (iPhone and Android, free)



- **Nike Training Club** is like having your own personal trainer. You choose the workout type, intensity, and duration, and the app will guide you through. You can even set your workout to music from your phone's library. (iPhone and Android, free)



- The **Humana Fit** app tracks your workout details by using your phone's GPS to calculate distance, speed, pace, elevation, duration, calories burned, and route traveled. Log in with your Humana ID to automatically upload workouts to the Humana Vitality site. (iPhone and Android, free)



- With **Charity Miles** you can walk, run, or bike to raise money for a charity of your choice. (iPhone and Android free)



- **Fooducate** lets you scan a product's bar code with your phone's camera for the food's letter grade and healthier alternatives. (iPhone and Android free)



- **Healthy Out** lists healthier dishes at national chain restaurants and can use your phone's GPS to find healthy options nearby. (iPhone and Android free)



- **Diabetes Companion from dLife** offers access to essential tools needed to manage Diabetes on the go. You can get answers from experts for your questions, look up healthy diabetes-friendly recipes, and track your glucose levels anytime, anywhere. (iPhone & Android-Free)

More Apps for a Healthier You are continued on the reverse side of this page.

Apps for a Healthier You



• **GoMeals** is an app for healthy lifestyle choices that includes a food, activity, and glucose level tracker. It has a restaurant locator with quick access to the menu's healthier options. The app's website has enhanced reporting options for complete breakdown of the data that you have entered. (iPhone & Android- Free)



• **iCookbook** is a cooking and recipe app for the everyday cook. It includes more than 2,000 recipes, with amazing full-colored pictures of complete dishes. Key features include voice command and proceeding through prep steps without touching the screen. (iPhone only, free)



• **Restaurant Nutrition** provides you with nutritional information on restaurant foods close by, as well as a map to find the restaurants. The app also has a journal feature to help track Calorie intake and other info, as well as the option to customize your profile to special food allergies or needs. (iPhone and Android, free)



• **MyNetDiary** includes free website access for online food entry, a large database, and backup to keep you focused on your calorie plan. Keeps track of your calories, exercise, and weight to help you reach your goals. (iPhone, \$3.99/month)



• **Carb Masters** is a simple app to help you track carbohydrate intake as well as other nutrition. Whether you're on a low-carb diet or diabetic, this app will help you keep your carbs under control. (iPhone, free)



• **Carb Counting with Lenny** allows children with diabetes to control their diabetes and be confident in managing it. This app also helps parents and caregivers plan meals and help children maintain good blood sugar levels. Lenny teaches carb counting in a way that is fun and easy by using guides as well as games. (iPhone and Android, free)



• Use **ShopWell** to help you manage your weight and conditions like diabetes, high blood pressure, and Celiac disease. Use the ShopWell barcode scanner at home or in the grocery store to scan foods to find out if they are a good match for your diet and suggest foods that are a better fit for your health. (iPhone, free)

If you need help with setting and achieving your weight loss goals contact CSHP's Health Management to learn about our great programs at 719-635-5803!