

Health & Wellness Phone Apps

If you have a smart phone, use it to help you lose weight! Below, you'll find downloadable health and wellness phone apps. Some are free; some come with a small fee. Check them out!

Fitness



RunKeeper

Enter activity manually, or use the GPS feature to track your run automatically. The app will save information about how far you went, your pace, calories burned, and your route and upload them to RunKeeper.com. It even integrates your phone's music, and makes it easy to share your accomplishments with friends online. (Available for **iPhone** - Free)



5K C25K

Never run a day of your life? No problem. This app already has your gradual training for a 5K all planned out. With GPS support, music integration, and alerts to let you know when you need to switch between walking and running, you'll be a regular runner in no time. (Available for **iPhone** - \$2.99)



Gorilla Workout

A play on "guerrilla," this app provides an exercise regimen you can do anywhere with no-equipment, using only your own body weight for resistance. Save money on the gym! (Available for **iPhone** - \$1.99)



BodyFate

If you **do** have access to a gym, this app will show you how to use the equipment to yield the best results. You'll learn proper technique and get great fitness advice from your own personal trainer app. (Available for **iPhone** - \$1.99)

Endomondo

Track your workouts, challenge your friends, analyze your training. With Endomondo on your phone, you can track your running, cycling and other sports. It's fun, it's social and it's motivating. FREE



JEFIT

Best app for bodybuilding and workouts. Gives you sample workouts and exercises organized by muscle group. Track your stats, sync with your friends, this app keeps you in top shape! FREE



Nike Training Club

Gives you your own personal trainer, anytime, anywhere. Get lean, toned and strong with more than 85 custom-built workouts. Unlock exclusive extra workouts from celebrities like Lea Michele, Shawn Johnson and Rihanna. FREE



Gym Goal

Gives you customized workouts to match your level. Interactive program adjusts to your results. There are easy to follow illustrated instructions to show proper form. FREE



There are a lot of fitness apps out there that are similar to those listed above. If you want to check out what else the market has to offer, here are a few other suggestions: MyFitnessPal, iMapMyFitness, Nike + GPS, BodyBugg, Runmeter, BikeBrain, 100 Pushups, DailyMile, HeiaHeia, and many more!

Diet & Nutrition



Fooducate

Scan your groceries to find out how healthy your choices are, better understand nutrition labels, and compare products. (Available for [iPhone](#) - Free. [Ad-Free Fooducate Plus](#) - \$3.99)



EWG's Dirty Dozen

This app from the Environmental Working Group ranks 53 fruits and veggies based on their level of pesticide residues to help you know what produce to buy organic, and what produce is fine to buy conventionally. (Available for [iPhone](#) and [iPad](#) - Free)



Non-GMO Project Shopping Guide

Trying to steer clear of genetically modified organisms? Download this non-biased, third-party non-GMO verification app for a list of brands and products that are guaranteed to be GMO-free. (Available for [iPhone](#) - Free)



Honest Labels

Is that the real portion size? What's that mystery ingredient? Does this contain HFCS? Find out fast with this app that lets you scan over 250,000 products in the grocery store. (Available for [iPhone](#) - Free)



Lose It!

A good logging app for your diet and exercise with a large database of foods and calories to help you achieve your ideal weight. (Available for [iPhone](#) – Free)



MyOmBody

This app is still in beta testing, but you can sign up to test today! This app is like a personal Health Coach in your pocket. Track your food, evaluate its quality (i.e. organic, packaged, home cooked), how much you enjoyed it, and how it made you feel later to find a more comprehensive view of your individual food needs. Track your supplements, exercise, blood pressure, illness, and much more, too! ([Available through sign-up](#) – Free)

Here are a few other noteworthy diet apps: [MyNetDiary](#), [PicHealthy](#), [Waterlogged](#), and [SparkPeople](#).

Food



Veg Out / Happy Cow

Find nearby vegan and vegetarian friendly restaurants in your area using your GPS location. Don't settle for the plain salad at the closest diner ever again. (Both available for [iPhone](#) - \$2.99)



Green Smoothies

What's in your fridge? Plug your on-hand ingredients into this app to discover what nutritious smoothies you can make. You can even narrow your search for a particular health need, like kid-friendly smoothies or skin-enhancing mixtures! (Available for **iPhone** - \$1.99)



How to Cook Everything Vegetarian

With more than 2000 vegetarian recipes (900 are vegan, too!), how-to illustrations, and equipment information, cooking vegetarian has never been easier. The app even includes built-in timers in the recipes! (Available for **iPhone** - \$4.99)



Cook It Allergy Free

Challenged in the kitchen because you have a food allergy? This app will includes substitutions and recipes so that you can make all your favorite dishes gluten, dairy, egg, or nut-free! (Available for **iPhone** - \$4.99)



Vegan Xpress

Discover all the vegan options at popular restaurant chains! This app lists the vegan dishes at more than 110 common restaurants, plus includes a list of grocery snacks and products you may not have known were vegan. (Available for **iPhone** - \$1.99)



Whole Foods Market Recipes

Want to find healthy delicious recipes using whole, organic ingredients available at Whole Foods? Look no further. The advanced search includes the ability to search by dietary preference (i.e. vegan or gluten-free), and you can even search for recipes that include items you already have on hand. (Available for **iPhone** and **iPad** - Free)



Locavore

Using your phone's GPS, this app will find you the nearest farms and farmers' markets where you can buy locally grown, in-season produce. (Available on **iPhone** - Free)



Stop & Go Fast Food Guide

Nutrition experts guide you to healthy fast food selections. Now you can eat fast food and eat healthy. (\$0.99)

Mind/Body/Stress



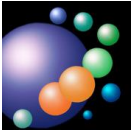
Gratitude Journal Your Positive Thoughts

This app encourages you to log 5 things you are grateful for each day. You can even add photos to your posts, password protect the app, and upload your posts online to save them forever. (Available for **iPhone** - \$0.99. **iPad** - \$2.99)



Can Do It Cards App

Louise L. Hay's app includes 60 affirmation cards to help you power through your challenges. You can swipe through the "deck," shuffle, or flip the cards to remind yourself that you *can* do it. (Available on **iPhone** - \$3.99)



Breathe - The Autonomic Pilot

Center yourself in your day with this breathing app. With the three different breathing rhythms already programmed, you can channel your focus to attain balance, relaxation, and increased energy. (Available for **iPhone** - \$1.99)



Wunderlist Task Manager

Have your to-do list synced on all your devices with this easy, attractive task manager. Maintain multiple to-do lists, use drag and drop to organize them, and use email reminds and push notifications to make sure you get everything done! (Available for **iPhone** and **iPad** - Free)



Sleep Cycle

Sleep better and wake up refreshed with this app. Place your phone on your bed while you sleep and this app uses data from iPhone's accelerometer to track your movements and wake you up during the lightest part of your sleep cycle. (Available for **iPhone** - \$0.99)



RelationTips

Get tips for building and improving your relationships. The app includes ideas for dates, words, and acts that are tailored to eight different relationships, such as husband, mother, and son. There's even a place to keep lists of your loved ones' favorite things. (Available for **iPhone** - \$1.99)