Fitness Apps

Benefits
- Stay motivated and discover new fitness ideas
- Keep fitness info in one place
- Share fitness info with others
- Monitor your progress

Nutrition Tracking Apps
- MyFitnessPal & MyPlate
- Keep a food diary to eat healthy
- Some apps track calories, water intake, and nutrients
- Add exercise info in some apps to understand calorie use

Activity Tracking Apps
- Google Fit app, iPhone Health app, & MapMyWalk
- Track steps and distance
- Some apps let you record other health info

Workout Apps
- Down Dog
- Johnson & Johnson Official 7 Minute Workout®: in the Apple App Store and Google Play Store
- Choose a workout for your fitness level
- Watch demonstrations by trainers

Motivational and Sleep Apps
- Headspace, Calm, Insight Timer, and Fabulous
- Listen to guided meditations
- Some apps include music for sleep
- Insight Timer has 10,000+ teachers who offer content
- Fabulous helps track and create health habits