



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

