Health & Fitness Apps for Your Smartphone or Tablet*

*This document is meant for educational purposes only and is not intended to replace the advice of your doctor or other health care provider. Please note: The information we provide here is based on information obtained from the companies who created the apps and online reviews of the apps. Some of the information provided within individual apps may not be scientifically proven.

More and more, we are staying connected – and healthy – with mobile devices. So, we scoured the reviews for the most recommended healthy food and fitness apps to help you eat right and stay active...with a few other fun apps thrown in the mix.

Take a look at what we found!

Tracking & Analytics

“Experts say tracking helps us regulate our behavior, by keeping us mindful and vigilant.... A new study published in the Archives of Internal Medicine concludes that a mobile app can help boost weight loss, if it's used as part of a more comprehensive strategy.”

- Allison, Aubrey (NPR), Calorie Tracking Apps May Help Boost Weight Loss, 2012

“One of the most important things you can do is write down what you eat.”

- Center for Health Research, CHR Study Finds Keeping Food Diaries Doubles Weight Loss, 2008

“Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your efforts can help you work toward your goals — and remind you that you’re making progress.” – Mayo Clinic, Fitness: Tips for staying motivated, 2013
The ability to predict how much you’ll weigh in five weeks if you continue your diet – great for a little motivation. My Fitness Pal also makes recommendations for your daily calorie budget based on several factors, including targeted weight, desired rate of loss, activity level, and weekly workout schedule. For more motivation and accountability, you can also track with friends and join discussion forums giving you that extra boost of social support. MyFitnessPal also keeps users accountable and on track by sending weekly reminders and updates on progress. At the end of the week, you can check out your weekly average for both fitness and nutrition, and view detailed charts and reports of your progress. A simple design and interface makes using this app a quick, user-friendly process.

Available for iOS, Android, Windows Phone, and BlackBerry.

iTreadmill: Pedometer Ultra w/PocketStep by Ricky Amano ($1.99). First off – don’t be deceived by the name of this app. It is not for treadmill use (well, it can be if you’d like); rather, it allow you to track steps, distance, calories burned, speed, and pace of all the activity you do throughout the day – like a pedometer in your pocket without having to strap a pedometer to your hip. iTreadmill tracks everything a treadmill can track during use, including distance, current pace, average pace, current speed, average speed, calories, steps per minute, step count, and elapsed time. It’s great for runners and walkers alike. You can track your run history, graph your runs, and set goals for yourself. Track walks around your neighborhood, at the local mall, or around the park if you like. One of the unique features is that iTreadmill does not require GPS. Very user-friendly interface. Just turn the app on, put it in your pocket or purse, and go about your business to track your steps all day.

Available for iOS.