Health & Fitness Apps for Your Smartphone or Tablet
2014-2015

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’re staying connected – and healthy – with mobile devices. So, we’ve scoured the reviews once again to give you 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 our top 10 in each of the following categories:

- Tracking & Analytics
- GPS-Driven
- Fitness/Workout/Personal Trainer
- Diet/Food/Nutrition
- Exercise Gamification
- Especially for Kids
- Single-Tool Apps (top 5 only)
- Healthcare Apps (top 5 only)
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

Tracking your food and exercise can help with weight loss, weight maintenance, getting fit, and maintaining or increasing your fitness level. Here are 10 apps that can make tracking your food and fitness easier, with many great motivational features that have already helped many people along the path to getting and living healthy.

**TOP 10 APPS IN THIS CATEGORY**

**Calorie Counter & Diet Tracker - My Fitness Pal**
by MyFitnessPal, LLC (Free).

Of all the tracking apps, My Fitness Pal seems to come out on top in ratings and reviews again and again. My Fitness Pal has a database of over 3 million foods (with barcode scanning capabilities to make recording foods easier) and 350 exercises. It also allows you to create your own foods and exercises if you can't find them in the database. In addition to allowing you to track standard things like calories, fat, protein, and carbs, it also helps you to track daily intake of essential vitamins and nutrients like potassium, iron, fiber, and calcium. It even has 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. You can also integrate My Fitness Pal with devices like FitBit and Jawbone’s Up devices. 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 and Android.
Lose It! by FitNow (Free). Another app that seems to get top billing again and again in the reviews, Lose It!, helps you track your food intake and exercise to reach your weight-loss goals. Simply input your height, weight, and health goals (e.g., your goal weight, desired rate of loss, and time in which you’d like to lose the weight), and Lose It! creates a plan, calculating how many calories you should consume each day and letting you know how long it should take you to lose the weight if you follow the calorie goal. It has a huge database of common foods, which allows you to accurately track what you eat, and exercise activities. You can quickly record your meals and snacks throughout the day and add fitness activities. When you add your fitness activities, Lose It! gives you a bit more calorie room to work with for the calories you burned in exercise. Lose It! also lets you compare previous meals, monitor nutrient-intake (protein, fat, carbs, etc.), and log packaged foods with the app’s barcode scanner. For a little more motivation, you can earn badges for your successes and share your progress with friends on Twitter and Facebook. Lose It! will create a report on protein, fats, and carbohydrate intake and let you see how you’re doing with your weight-loss goals. Lose It! also can be synced with your Fitbit or Jawbone Up device. Available for iOS and Android.

Fitocracy Macros by Fitocracy, Inc. (Free). New on the scene from Fitocracy, Inc. is Fitocracy Macros (see the related Fitocracy app in our Exercise Gamification Top 10). “Macros” is short for macronutrients. According to Fitocracy, Inc., “When most people embark on a diet, they only count calories, not macros. This often leaves people prone to many of the typical side effects of dieting – feeling hungry, lacking energy, and being irritable. Targeting macronutrients allows you to counteract these side effects. With the right macros, you can remain full all day, stay energetic, and build lean muscle to give you that ‘toned’ look.” Fitocracy Macros allows you to track your protein, fat, and carbohydrate macronutrient consumption. Coming soon, you will be able to count fiber, water, and alcohol intake, as well as search for and add foods from a nutritional database, and sync with Fitocracy to backup data. Available for iOS and Android.