





Food and Exercise Tracking

	<p>MyFitnessPal When it comes to health and fitness tracking, MyFitnessPal is one of the biggest names in the game. With a database of more than two million (that's right, million) food items, the platform makes it easy for users to keep track of calories and so much more. Must be age 18+. The platform can be used with all diets, whether you're going low-carb, high-protein, or just trying to eat healthier. Available for iOS, Android, Windows Phone, and BlackBerry.</p>
	<p>Moves We make moves every day, so why not track them? Moves is a smart pedometer that records everything from steps taken in a day to miles cycled. The app's daily maps and "storylines" give users a new way to easily record and analyze their movement throughout the day — without any extra costly equipment. Available for iOS and Android.</p>
	<p>MapMyFitness Use your phone's built-in GPS to track every aspect of your activity including duration, distance, pace, speed, elevation, calories burned, and route traveled. Save and upload workout data to MapMyFitness for a comprehensive workout history. Age 13+ required. This app logs and saves more than just miles traveled: it's all about checking back on the exact route traveled on a specific run. Available for iOS, Android, and Blackberry.</p>
	<p>LoseIt Want to drop some pounds? Lose It! users get a customized weight loss plan and then use the app to track food, measure activity levels, and connect with peers for group support to reach their goals. Must be age 18+. Lose It! can sync up with most of the popular fitness tracking devices and wireless scales on the market. It also has a large food database for easy reference. Available for iOS, Android, Kindle, and Nook.</p>
	<p>RunKeeper Whether running, walking, or cross-country skiing, RunKeeper can track the duration, length, calories burned, and more of your favorite outdoor fitness activity. Must be age 13+. Not only can users track their activities, but they can share their workouts on social media, connect with other users in the app, and analyze their data after hitting the showers. Available for iOS and Android.</p>
	<p>Food Truth App tells what to eat: 100 real foods, why: pithy descriptions of the nutritional virtues, and best of all how: 3 recipe suggestions for each of the 100 foods. Recipes appeal to Paleo, Primal eaters, and everyone eating a real food diet using the best quality ingredients. Most recipes are sugar-free, gluten-free, and comply with GAPS, SCD, and Diabetic diets. Available for iOS and Android.</p>
	<p>Fooducate A food coach that goes way beyond a simple calorie counter. Achieve your weight loss, health, and fitness goals by learning to eat real food. The Fooducate diet app is like a nutritionist in your pocket, advising you how healthy foods are based on their nutrients and ingredients. Available for iOS and Android.</p>
<h2><i>Workouts/Training</i></h2>	
	<p>Couch to 5k Made for beginning runners, or those who need a little motivation to get back in the game, this app requires just 30 minutes a day, three days a week for eight weeks. An interactive coach motivates, as users log each session and share workouts with the running support community. It's easy: this app is cool because it'll have you comfortably running a 5k in less than three months with step by step workouts. Available for iOS and Android.</p>
	<p>Nike+ Running Track distance, pace, time, and calories burned — then share those stats with friends (or the whole Nike running club online). Must be age 13+. Users can get cheers in their headphones each time a friend "likes" or comments on their status. And on tougher runs, power through with Nike's "powersong" and inspirational words from Nike athletes. The app also helps users earn "Nike Fuel," Nike's latest metric for measuring progress and performance across all Nike+ devices. Available for iOS and Android.</p>
	<p>Fitnet 180+ free video fitness workouts with webcam scoring. New workouts posted every week. Fitnet converts your camera into a powerful biometric sensor providing you real-time feedback while you exercise. Available for iOS and Android.</p>

There's likely an app available for you regardless of the operating system you use. By sharing these apps and websites, we are not promoting any brand or company. There are many wellness apps and websites available for your usage. This is only a small selection of apps and websites that have been tried and that you may find useful in your journey to wellness. By using these apps, you assume responsibility in accordance with their terms of service and privacy policy.

	<p>SworKit Leave your circuit-training routine up to SworKit, an app that provides both customized and randomized circuit workouts for various muscle groups and lengths of time. Must be age 13+. Users choose either strength training routines or yoga and stretching sequences. Detailed illustrations of each exercise help ensure proper form. People can also track their progress and set weekly goals. Available for iOS and Android.</p>
	<p>FitStar Workout anytime, anywhere with personalized video workouts. Never miss an opportunity to get a customized workout at home, on the road, when you can't make it to the gym, or don't want to pay for a personal trainer. FitStar Yoga is a companion app that is available as well. Available for iOS and Android.</p>
<p>Games for Adults and Kids</p>	
	<p>Wokamon The Wokamon app combines the function of a pedometer with the engagement of a virtual pet. Every single step you take helps feed your little Wokamon friend. The more active a user is, the more their Wokamons grow and thrive. Turn your walking into a game and help your pet grow! Also, everything is more fun with friends! You can try and grow your pet faster than your friends and get extra points from involving friends. Available for iOS and Android.</p>
	<p>Eat & Move-O-Matic Learn about the foods you eat and how they fuel your body for your favorite activities. Use the Eat & Move-O-Matic to make new discoveries about your favorite foods and get interesting tips on how small changes make big differences. Ages 4+, designed for ages 9-11. Available for iOS and online at http://tinyurl.com/jkjtftj.</p>
	<p>Awesome Eats Sort, stack, pack, and plate a rainbow of fresh from the garden foods. And now recycle items after lunch! In each level you'll stack and sort fruits, veggies, and whole grains across wacky contraptions to win stars and score big points! You and your kids will unlock hours of challenging game play and get loads of healthy eating tips along the way. Available for iOS and Android.</p>
<p>Motivation, Challenges, and Rewards</p>	
	<p>Higi Higi makes it fun to keep tabs on your health and get rewarded for it. Think of it as a loyalty program for your body. The perfect companion to the Higi Station found in many stores near you, the Higi app lets you easily follow your progress in the latest Higi Challenge, track your body stats, read up on the latest in health and wellness, find the Higi station nearest you, and much more! Available for iOS, Android, and online at higi.com</p>
	<p>EveryMove Fit Activity tracking with the people that move you! Connect with family, friends, and coworkers to share activity achievements, stories, and photos. Sync with hundreds of tracking devices and apps. EveryMove works for all levels of fitness, from weekly walk challenges, to triathlon training. Challenge each other to be your best! Available for iOS, Android, and online at everymove.org.</p>
	<p>DietBet The idea is simple, bet on yourself to lose weight with a group of other players. If you meet your weightloss goal by the end of the game, you split the pot with the other players. Boom! You just made money getting healthy! Available for iOS, Android, and online at dietbet.com. StepBet, a new challenge app is also available for certain phones and devices. It is still in beta testing.</p>
	<p>Stridekick Matchup allows users to participate in fitness challenges with friends and coworkers to stay healthy together. Available only for iOS Phone and online at matchup.io.</p>
	<p>NexTrack Compete with friends and coworkers, earn rewards, get support, lose weight, and track your progress on the largest fitness mobile interactive game of its kind. With almost 200 activities, NexTrack by Nexercise is the perfect community based motivational coach and training tool for any diet or weightloss program. Available for iOS and Android.</p>
	<p>GymPact Skipping a workout is a lot harder with cold hard cash on the line. GymPact lets users ante up and tie a monetary incentive to working out. Must be age 18+ to use. Users who check in at their gym with the GymPact app get to keep the money they put up, while those who miss a workout lose a predetermined chunk of change. GymPact also features integration with RunKeeper and FitBit and other at-home workout options, as well as, MyFitnessPal food logging for a FoodPact. Available for iOS and Android.</p>
	<p>Charity Miles Just choose a charity and hit the streets. As you walk, run, or bike, the app will measure your distance and you will help earn money for your charity. Every mile matters! Available for iOS and Android.</p>