

## Health & Wellness - Phone Apps

### Exercise Apps



#### **FitDay**

Cost: free

Runs on: iPhone

This app can track your foods, exercise, weight, and goals to help take control of your diet and lose weight.

#### **FitClick**

Cost: free

Runs on: iPhone

This app offers weight loss programs diet plans, workout routines and online personal trainers, and calorie counting food journals.

#### **My Heart. My Life.**

By: American Heart Association

This app is designed to promote physical activity and heart-healthy living by creating a walking route that fits your needs.

#### **Life Fitness Virtual Trainer**

Cost: free on iTunes

Runs on: iPhone, iPod touch

This app will automatically and wirelessly sync back to the site. It includes cardio, strength, and outdoor workouts for you to try.

#### **RunKeeper Pro**

By: FitnessKeeper LLC

Cost: free

Runs on: Android, iPhone, iPad

This app is popular among runners who are looking to track stats and data without too many bells and whistles. It will allow you to enter a target pace at the start of the run and give voice prompts to let you know if you are on pace.

#### **iMapMyFitness**

By: MapMyFitness LLC

Cost: free

Runs on: Blackberry, Android, iPhone, iPad

This app is ideal for runners who travel and like to use MapMyFitness website to map running routes in unfamiliar places. It will upload and integrate your workout with your profile and a database of searchable routes.

#### **Nike + GPS**

By Nike Inc.

Cost: \$1.99

Runs on: iPhone, iPad

This app is great for social networkers who need someone to 'cheer' them on. Recorded messages from Lance Armstrong and other athletes inspire you during and after a workout.

#### **Hundred PushUps**

By: SoftwareX Ltd.

Cost: \$1.99

Runs on: iPhone, iPad

This app is a progressive push-up training program that starts at personally set base level and leads you through a weekly program until you reach 100 push-ups.

#### **All-in Yoga HD**

By: Arawella Corp.

Cost: \$3.99

Runs on: iPhone, iPad

This app offers yoga workouts for all ability levels including photos, video, and audio instruction.

## Dietary Apps

### CalorieKing

By: CalorieKing Wellness Solutions

Cost: free

Runs on: iPhone, iPad

This app provides a quick and easy way to count calories, carbs, and fat by giving you access to over 70,000 foods and 260 fast food chains and restaurants.

### Lose It!

By: FitNow, Inc.

Cost: free

Runs on: Android, iPhone, iPad

Lose It! allows you to set goals and establish a daily calorie budget to assist you in your weight loss efforts.

### MyNetDiary

By: 4Technologies Corporation

Cost: varies

Runs on: Android, Blackberry, iPhone, iPad

A comprehensive app that helps you track your weight loss by providing over 430,000 foods in their database.

### Calorie Counter & Diet Tracker

By: MyFitnessPal LLC

Cost: free

Runs on: Android, iPhone, iPad

Allows you to take your diet public by linking to either Facebook or Twitter

### Calorie Counter

By: FatSecret

Cost: free

Runs on: Blackberry, Android, iPhone, iPad

This app comes with a bar-code scanner feature to scan labels and log exactly what you ate.

### Calorie Tracker

By: Livestrong.com

Cost: \$2.99

For more information, contact: Julie Chobdee, Wellness Program Coordinator at [julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu) or x2-1488.

Runs on: Blackberry, Android, iPhone, iPad

This app focuses on fitness first and nutrition second. It contains the calories-burned breakdown for 2,000 fitness activities. User accounts may be linked to the Livestrong website which offers information, instruction, and inspiration.

### Eat This, Not That

By: Rodale Inc.

Cost: \$7.99

Runs on: Android, iPhone, iPad

This app can help you eat smarter when you are dining out by breaking down the food facts of popular items at many chain restaurants.

## Cooking Apps

### Epicurious

By: Conde Nast

Cost: free

Runs on: Android, iPhone, iPad

This app has recipes, cooking techniques, and shopping lists for more than 30,000 dishes from Bon Appetit, Gourmet, and Self magazines. Each recipe includes ratings.

### Good Food Healthy Recipes

By: BBC Worldwide Ltd.

Cost: \$2.99

Runs on: iPhone, iPad

This app includes photos, clear instructions, nutritional breakdown, and a shopping list you to guide in cooking and eating healthier meals.

### Fooducate

By: Fooducate Ltd.

Cost: free

Runs on: Android, iPhone, iPad

This app's bar-code scanning feature allows you to check the nutritional value of each food item. It will also compare two items and offer healthier alternatives from its database.

## Mental Health

### **Stress Check**

By: AIR Consulting, LLC

Cost: free

Runs on: Android, iPhone, iPad

Provides users with an overall stress score then the user can examine specific areas their stress affects then (interpersonal, physiological, situational, control).

### **Anti-Stress Quotes**

Cost: free

Runs on: iPhone, iPad

Relax completely with the anti-stress quotes that will inspire you to overcome your worries and manage stressful situations better.

### **STAT Depression Screener**

By: Austin Physician Productivity, LLC

Cost: free

Runs on: iPhone, iPad

This app helps you to determine if you are feeling any depressive symptoms by asking you questions based on the nine item depression scale.