

MY 8 FAVORITE APPS TO LIVE HEALTHY



Do you have app overwhelm? Just when you thought Facebook was a time suck, now you've got apps galore that you want to try. Worry no more! I've cut through all the app noise and I'm sharing my fave eight apps for you! Use tech to . . .

- Make healthy living easier.
- Find healthy food faster.
- Track your fitness.
- Join a community and use accountability tools.

Grab your phone and check out these apps!





MAP MY FITNESS

Why it rocks: No matter what your favorite workout might be, MapMyFitness tracks it. Going for a run? Rock climbing? Tennis anyone? MapMyFitness will record duration, distance, pace, speed, elevation, calories burned and route traveled on an interactive map. This GPS-based app also provides you with a detailed workout history. Track your workouts and your food. In an unfamiliar city? Map out your run or walk before you head out. Select your ideal route based on user feedback.

How I use it: I like to map out my runs at home and on the road. When in an unfamiliar city, I can feel safe that I won't get lost.

Cost: Free.

Link: [Map My Fitness](#)



TABATA PRO TIMER

Why it rocks: Who doesn't want maximum benefits in the shortest amount of time? Use the Tabata timer to interval train. Yes, you can do "tabata intervals": 20 seconds work, 10 seconds rest, 8 cycles in a row. But you can change the work/rest ratio and number of cycles to be anything you want so you've got interval options galore. Interval training can help to raise your metabolism and burn more fat. Use it for running, bodyweight exercises, with weights, or for plyometric exercises and see results!

How I use it: I use it as a timer for my HIIT and spinning classes. I change up the work/rest ratio all the time. I use it when I run outside. I like to create intervals for runs and walks so I change up the length of the intervals as well as the number of intervals.

Cost: \$2.99 Use the free timer at [tabatatimer.com!](#)

Link: [Tabata Pro Timer](#)



FOODUCATE

Why it rocks: Use this app and scan barcodes as you shop to find out if the food you are buying is really good for you. Make healthier choices while grocery shopping. Your foods will receive a grade, and if the food you scan gets a bad grade, don't toss it in your shopping cart! Better yet, it explains WHY the food got that grade, and educates you to the world of food additives, preservatives, food colors, etc. Fooducate suggests healthier alternatives making it easy for you to shop healthy! If you prefer, use Fooducate before you hit the store and search for your favorite foods and see how they rate. Fooducate gives you a quick read on the quality of your food choices so you can eat healthier decision by decision! You also can use this app to track your food intake and exercise.

How I use it: I use it at the grocery store all the time when deciding to purchase something new. My adult kids tell me they use it now also which makes me a proud mama :) ... Teaching them to eat healthy!

Cost: Free.

Link: [Fooducate](#)



MINDFULNESS APP

Why it rocks: If you are a newbie to meditation or a pro, you will love this app. With both guided and silent meditations, this app can help you center your mind with its soothing bell sounds that gently remind you to return to your breathing. Set random alerts to encourage mindfulness practice throughout your day. Customize your own notices using a mantra or phrase that resonates with you personally.

How I use it: It's my little escape for me time when I need it. Since I usually get up early for my workouts, I like to use it before I go to bed at night to wind down from crazy busy days. What a perfect way to relax and center your mind before drifting off to dreamland.

Cost: \$1.99

Link: [Mindfulness App](#)



MYFITNESSPAL

Why it rocks: This food diary app is a great accountability tool. Studies show (repeatedly!) that people lose more weight and keep it off for the long-term when they track what they eat by writing it down. With just a few clicks, access its database of more than 3,976,000 foods. Plus, it remembers your favorite foods so you can easily select them. Add your own food and recipes. Track your calories and exercise, and use its community forum for support and to share recipes.

How I use it: Lots of women who work out with me and my DVDs tell me they love to use the My Fitness Pal app to track what they are eating!

Cost: Free.

Link: [MyFitnessPal](#)



FITBIT FLEX

Why it rocks: You have to buy the activity tracker wristband, and it's not inexpensive, but it's so worth it! Everyone I know who has one, loves 'em! Select your fav color tracker, and it comes with small and large wristbands, a charging cable and it wirelessly syncs to the free smartphone app that displays all your data real time. Track your steps, distance, calories burned and active minutes with a small wrist monitor. Set personal goals and see how you are doing. Easily syncs data to your computer or iPhone. View your day on your own personal dashboard and track your activity level—whether light, moderate or very active. Set a goal for 10,000 steps a day (5 miles!) and your wrist tracker will vibrate when you hit your goal. My favorite feature—the sleep monitor. Get to know your sleep habits, good or bad. Sleep is a major factor in overall health. Now you can have a nightly snapshot of what is going on with your sleep.

How I use it: I wear mine daily. Yes I exercise, but I love the constant reminder to not sit at my desk typing away and get up and MOVE. I also love to hit the 10,000 steps daily. And best feature, I'm now in touch with my sleep habits and have been able to make adjustments in my lifestyle to get better sleep.

Cost: \$99.95 to purchase the activity tracker.

Link: [Fitbit Flex](#)



DAILY YOGA

Why it rocks: Glide through stressful days with some daily yoga. If you are new to yoga, you will love the step-by-step coaching and videos to follow. With soothing music, 45 different sessions and a library of more than 300 poses, this app is just the trick for serious yogis too. The live voice guide, soothing music and social aspect of the app are fun. Get some yoga poses into your day and some Zen vibes into your life.

How I use it: On the road, I love to do a yoga class in my hotel room. I'm a yoga teacher so I know the poses, but I recommend it to my friends looking for a guided class right on their phone anywhere anytime.

Cost: Free. For advanced options, pay a monthly subscription for \$12.99

Link: [Daily Yoga](#)



101 REVOLUTIONARY WAYS TO BE HEALTHY

Why it rocks: Care where your food comes from. Raise your sights. Say no to soda. Redefine your goals. Those are just four of Experience Life magazine's 101 revolutionary ways to be healthy. Each comes with a more detailed explanation. Need a nudge of motivation? A nutrition tip? An idea to reduce stress? You can find them all with this app. Share in-depth healthy articles with friends straight from the app. Inspire healthy change and spark a HEALTH revolution—that's Experience Life's message and my mission, and that's why I love it.

How I use it: When I'm waiting at the airport for my flight, stuck in line somewhere, or at a doctor's office ... I open the app and read a few tips—always inspiring and easy to apply to my own life.

Cost: Free

Link: [101 Revolutionary Ways to Be Healthy](#)