

## Apps to Help You Stay on Track

Computers and phones have become a staple of everyday life. Phones now provide the opportunity to monitor your diet and physical activity right in the palm of your hand. The following are applications you can download from the computer or on your phone. Start tracking your caloric intake today, or discover new workout ideas with these inexpensive “apps.”

Application	Phone	Description	Cost
Couch to 5K	iPhone	This workout training coach will help you get into shape using the C25K system, a series of interval workouts, each about 30 minutes, spanning 9 weeks, culminating in your ability to run 5 km (3.1 miles) without stopping or walking.	\$2.99
Yoga Stretch	iPhone	FINALLY, create and save up to 5 custom yoga sessions or play our preloaded session. ALSO play your own background music with your phones iTunes music selection.	\$0.99
Lose It	iPhone/iPod	Lose It is an iPod and iPhone weight loss application that helps you to track your daily calorie intake and time spent exercising to help maintain or lose weight.	Free
MiCoach for Mobile	iPhone/Blackberry	Turn your phone into a personal coach. miCoach uses GPS and real-time voice coaching in your ear to pace you through easy to understand workout zones as you run. Choose a training plan tuned for your sport to build speed and endurance. Track and share your achievements with the app or at miCoach.com. Be Faster with miCoach!	Free
Bones in Motion	Blackberry	Tired of working out inside your house or in a gym. BiM is an application geared for outdoor activist. Help enhance outdoor activities and stream your location to your friends and family with this free app.	Free
Fitness Tips	Droid/HTC/ Blackberry	Fitness Tips can help you learn about proper diet & exercise. Access over 500 tips to stay fit and healthy with the convenience of your phone.	Free
Health to Go	Droid/HTC	Always on the go? Is it hard to travel and think about healthy options? Health to Go helps you to stay healthy while you're on the move. No matter where you are there is always a workout available to help you stay in shape.	Free
Nutrition Tips	Droid/HTC	This application contains over 500 nutrition tips and nutritional health facts to help improve your overall health, diet, and beauty.	Free