

# Health and Wellness Apps

Are you a Blackberry or iPhone user? Embrace the rapidly developing smart phone world and download these **FREE** apps to get your health and wellness in check.

## Healthy Habits

Ranked #1 in iTunes New & Noteworthy for Health & Fitness apps.



This app helps you be successful by holding you accountable and offering reminders and rewards along the way.

1. Define a habit
2. Set a goal (times per day / week / month)
3. Track your actions
4. Celebrate your success!

**Device Requirements:** iPhone, iPod touch and iPad (iOS 3.2 or later).

### Example Features:

- Make or Break up to 3 Habits
- Past Due Reminders
- Large Habit Library
- Motivational Quotes

## Endomondo Sports Tracker



Using the built-in GPS, it tracks your running, cycling, hiking, kayaking, skiing - you name it! You also get audio feedback while working out.

**Device Requirements:** Smartphone 4.2.0 or higher.

### Example Features:

- Track duration, distance, speed and calories.
- Get audio feedback every mile or km.
- Get live pep talks from friends.
- Race against a friend's time and have the audio coach help you perform better.
- Compete on a specific route nearby and race against the route champion.

## Calorie Counter



Calorie Counter is the essential app to simply find nutritional info for the food you eat and to keep track of your meals, exercise and weight.

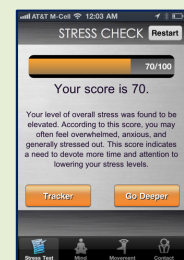
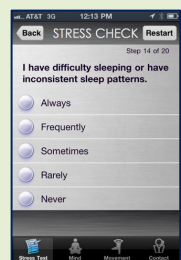
**Devices Requirements:** Smartphone 4.5.0 or higher.

### Example Features:

- A food quick pick to find caloric and full nutritional information.
- A food diary.
- An activity diary to record all the calories you burn.
- A weight chart.

A journal to record your progress.

## Stress Check



Stress Check is a stress test developed by clinical psychologists with expertise in Stress Management.



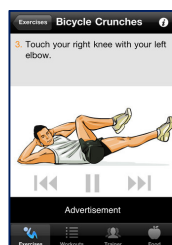
**Device Requirements:** iPhone, iPod touch and iPad (iOS 3.0 or later).

### Example Features:

- Research-based assessment of overall stress score.
- Option to "Go Deeper" by examining specific areas their stress affects them (interpersonal, physiological, etc.).

All results are paired with useful descriptions and recommendations

## Ab Workouts Free



1. Open up Ab Workouts.
2. Choose a workout depending on your experience level.
3. Press the 'Play' button & the app will TALK you through the workout - giving you encouragement as you go!

**Device Requirements:** iPhone, iPod touch and iPad (iOS 3.2 or later).

### Example Features:

- Easy abdominal exercises with steps & animations.
- Pre-set workouts with 4 difficulty levels.
- Design your own custom workouts.
- Foods that FIGHT abdominal fat.

Resources: <http://itunes.apple.com/ca/>, <http://appworld.blackberry.com/>