





Fit & Lean in 2014



7.2: Online Healthy Lifestyle Resources & Smartphone Apps

Applications (apps) on smartphones are accessible, convenient and inexpensive. Most of us use some type of mobile electronic device these days and this makes them an obvious choice to promote healthy habits.

Consistently recording dietary intakes and health information can be a key component to successful weight loss and electronics makes this easier.

While an app certainly isn't a magic pill, they can be an invaluable support tool to help keep you on track and help you to achieve your goals.

<p>Healthy Habits</p> 	<p>This app helps you be successful by holding you accountable and offering reminders and rewards along the way. Define a habit, set a goal, track your actions and celebrate successes!</p>	<p>Feature Examples:</p> <ul style="list-style-type: none"> • Make or Break up to 3 Habits • Past Due Reminders • Large Habit library • Motivational Quotes
<p>Endomondo Sports Tracker</p> 	<p>Using the built-in GPS, it tracks your running, cycling, hiking, kayaking, skiing - you name it! You also get audio feedback while working out.</p>	<p>Feature Examples:</p> <ul style="list-style-type: none"> • Track duration, distance, speed and calories • Get audio feedback every mile/km • Race against a friend's time and have the audio coach help you perform better
<p>Calorie Counter</p> 	<p>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.</p>	<p>Feature Examples:</p> <ul style="list-style-type: none"> • A food quick pick to find caloric and full nutritional info • Food diary • Weight chart • Activity diary
<p>Abs Workouts Free</p> 	<p>This app allows you to choose a workout depending on your experience level and talks you through the workout, giving you encouragement as you go.</p>	<p>Feature Examples:</p> <ul style="list-style-type: none"> • Easy ab exercises with steps & animations • Pre-set workouts with 4 difficulty levels • Design your own custom workouts

<p>My Fitness Pal</p> 	<p>Free online food diary, calorie counter with large food database. Also calculates calories burned by exercise. Access their online community for support & encouragement.</p>	<p>Feature Examples:</p> <ul style="list-style-type: none"> • Food diary • Large online food database • Activity/Calorie Tracker
<p>SparkPeople Diet & Food Tracker</p> 	<p>Encourages you to track food, water consumed and fitness completed. Access their online site for support, encouragement as well as a great database of healthy recipes and articles. Earn points for consistent tracking and participation.</p>	<p>Feature Examples:</p> <ul style="list-style-type: none"> • Largest food database of any tracking app (over 2 million items!) • Exercise demonstrations • Works offline • Weight tracker

Great Online Resources

These sites are a great opportunity to access healthy lifestyle & weight management information and support:

1. **SparkPeople.com:** SparkPeople is the largest online diet and healthy living community with over 12 million registered members. There is no cost to access the site – it is 100% free! A great comprehensive site – you can track your food and activity online and it makes caloric recommendations to help you reach your goals. Great database of recipes and educational articles. Message boards and group challenges allow you to meet other people who want to achieve health & fitness goals and share encouragement and support.
2. **MyFitnessPal.com:** Similar to SparkPeople – also 100% free to use. More focused on tracking than on recipes and education. Access to message boards allow you to make buddies who are pursuing their own health & fitness goals.
3. **Can You Stay for Dinner.com:** A great personal blog by Andie Mitchell, someone who has struggled with her weight and through hard work and persistence, achieved her own weight loss goals. Her site focuses on sharing her journey as well as healthy recipes and tips for reaching and maintaining your own goals.
4. **Weight-Loss-Story.blogspot.ca:** Looking for motivation? Look no further than this great blog where ordinary people just like you submit their personal weight loss success stories. Learn from other people’s mistakes and see how other busy people changed their health for the better!
5. **Blogilates (YouTube):** Search “Blogilates” on YouTube and meet certified fitness instructor, Cassey Ho. Cassey is a friendly, high-energy personality who uploads great videos with a focus on exercise (lots of toning and pilates inspired exercises) and clean eating recipes.