

Fitness Apps

The following are a few great phone apps to use as fitness resources.



MapMyRun | www.mapmyrun.com | free app on Android and iPhone

MapMyRun is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned and route traveled on an interactive map. You can save and upload your workout data to MapMyRun where you can view your route workout data and comprehensive workout history.



C25K | www.c25k.com | free app on Android and iPhone

C25k stands for "Couch to 5k". This application times your workout while you listen to your own music or podcast. It alternates walking and running for the first six weeks to ease you into running without leaving you exhausted. It notifies you with an audio signal when you need to switch your pace.



Nike Training Club | free app on Android and iPhone

A training app for the world's biggest female fitness community. Choose individual workouts, or select a targeted structured four-week program to help you get lean, tone or strong. Featuring more than 100 workouts by Nike Master Trainers and world-class athletes like Maria Sharipova, with all the instruction and motivation you need to blast through your fitness goals.

Healthy Recipes Websites



www.froedtert.com/bariatric-surgery/recipes



Workforce Health

Healthy Eating Apps

The following are a few great apps to use as resources for healthy eating and food tracking.



MyFitnessPal | www.myfitnesspal.com | free app on Android and iPhone

MyFitnessPal is a diet and fitness community built with one purpose in mind: providing you with the tools and support you need to achieve your weight loss goals. It is a free online tool that allows you to track your meals while it does all of the calorie counting.



Fooducate | free app on Android and iPhone

Lose weight, track your progress, and eat REAL food. This app looks beyond the calorie and helps you eat healthy and tasty food. Scan a product bar code to see what's really in your food. Fooducate will also show you healthier alternatives.



Weight Watchers Mobile | www.weightwatchers.com | free app with WW membership

Weight Watchers helps you make smarter food choices with featured healthier recipes, shopping lists and interactive Cheat Sheets. You can also read health news, exercise info, success stories and weight-loss tips, all from the app. You can track your food and activity points to stay on top of your day.

Traffic Light Food Tracker | free app on Android and iPhone

Developed by the Obesity Policy Coalition, this waist-whittling program compares packaged food products by entering the amounts of salt, fat, saturated fat and sugar per 100g. This then generates a traffic light for each nutrient: red for high, amber for medium and green for low.



Healthy in a Hurry | free app on Android and iPhone

200 quick, simple and easy-to-prepare recipes from the EatingWell Test Kitchen. Preloaded recipes mean instant access and no downloading. You can browse by category, individual ingredient, main ingredient and total time.