

APPLIED Wellness | Smart Phones for Smart Living

Free Smart Phone Apps



WellnessFX | A platform for developing, maintaining, and sharing personal health goals. Users can research different vitamins and supplements, track which one's they're using, and then let other people know how those supplement programs are going. *Available for iOS.*



Wholesome | Make healthy eating fun, appealing, and easy. Identify gaps in your nutrition, get whole food suggestions to help you improve your diet, and tracking over 80 macronutrients, vitamins, minerals, and antioxidants. *Available for iOS.*



Nike+ Running | Track distance, pace, time, and calories burned — then share those stats with friends. Users can get cheers in their headphones each time a friend "likes" or comments on their status. And on tougher runs, power through with Nike's "powersong" and inspirational words from Nike athletes. The app also helps users earn "Nike Fuel," Nike's latest metric for measuring progress and performance across all Nike+ devices. *Available for iOS and Android.*



RunKeeper | Keep track of, and store, the time, distance, pace, and calories burned of you as you run, walk, cycle, hike, or bike. You can also post your fitness progress to Twitter and Facebook to keep your friends informed of your progress. The app also includes a feature that sets up a race training schedule — great for marathons, half-marathons, and 5k races. *Available for iOS and Android.*



MyFitnessPal | This app will help you keep track of calories as well as how much you've exercised. With over 2 million foods to select, and 30 exercises from which to choose, the app promises an accurate calorie count that will help you achieve your fitness goal. *Available for iOS and Android.*



Lumosity Brain Trainer | Something like a gym for your brain. Developed by a team of neuroscientists, it features games that enhance memory, attention, and creativity. *Available for iOS and Apple Watch.*



Lifesum | Lifesum helps you make better food choices, improve your exercise, and reach your health goals. Build healthy habits in small, sustainable steps and make health a part of your lifestyle, not another thing on your to-do list. *Available for iOS and Android.*



Calm | Calm is designed to reduce stress and bring a little more calm into users' lives. The app offers a seven-step program designed to give users the tools they need to become calmer, in addition to seven guided relaxation sessions (ranging from two to 30 minutes) and 10 beautiful nature scenes from which users can choose a calming background for their phone. *Available for iOS.*



Fooducate | Scan the barcode on packaged foods before you buy, giving each item a grade on its health and nutritional values, along with suggesting healthier alternatives for choices that fall short. Fooducate also offers apps for those living with diabetes or food allergies. *Available for iOS and Android.*



Cardiio | Get insight into your health and fitness via one simple tool: heart rate monitoring. The app's dashboard allows viewers to track their heart rate throughout the day, before and during various activities, and across the course of weeks, months, and years. *Available for iOS.*



Stop, Breathe, & Think | A free mindfulness, meditation and compassion-building tool that is simple, fun and easy to use. Check in to see how you are thinking and feeling, and select emotions that guide you to recommended meditations. *Available for iOS and Android.*



Lose It! | Want to drop some pounds? Use Lose It! users get a customized weight loss plan and then use the app to track food, measure activity levels, and connect with peers for group support to reach their goals. *Available for iOS, Android, and Apple Watch.*



ShopWell | Build a healthier grocery list with Shopwell, which ranks each item on your list with a number between 1 and 100 based on how healthy it is. *Available for iOS.*



Headspace | Headspace is meditation made simple. Install today to learn meditation and mindfulness in just 10 minutes a day. *Available for iOS and Android.*



Fee-based Smart Phone Apps



Pocket Yoga | Practice yoga, but without the stress of making it to class on time. This app guides you through poses with both visual and voice instructions. Simply chose your type of practice, the difficulty level, and the duration of each session and press play to start your personalized yoga session. **Cost: \$2.99. Available for iOS**



Sleep Cycle | Sleep Cycle not only measures the quality of sleep you are getting but can wake you gently (within a set 30-minute window) when the app determines that you are in your ideal light sleep cycle. You can also set the alarm to wake you up to the song of your choice from your iTunes library. **Cost: \$0.99. Available for iOS.**



Pumping Weight | Weight training can get complicated, but Pumping Weight hopes to make tracking workouts simple with an easy to follow, smooth interface. View your workouts in calendar mode to see the weekly sweat schedule, and record individual reps and sets with their intuitive tracking system. **Cost: \$4.99. Available for iOS.**



Harvest | Confused in the produce aisle? Get confidence in a flash with the Harvest app. From tips to picking the highest-quality items to minimizing exposure to pesticides to ideas on how to clean and store fruits and veggies, Harvest is the ultimate produce tool. **Cost: \$1.99. Available for iOS.**



Tabata Trainer | Got four minutes? Then download this interval training app with pre-set and custom tabata training workouts. **Cost: \$1.99. Available for iOS.**



iCouch | Here's a tool to help you cope with stressful situations, without having to trek all the way to a therapist's office. The app draws on strategies from the school of Cognitive Behavioral Therapy, an approach that focuses on shifting our thought patterns to be more positive. **Cost: \$2.99. Available for iOS.**



The Mindfulness App | The Mindfulness App helps you to reduce stress and increase wellbeing. Scientific research proves that regular practice for 20 minutes a day brings desired effects. Try it out for yourself! **Cost: \$2.99. Available for iOS and Android.**



Long Deep Breathing | The more slowly and deeply you breathe, the more calm you will become. This application offers a simple and always accessible way to learn and practice the Long Deep Breathing technique. Just a few minutes of practice during your busy days will make a major contribution to your health, longevity and happiness. **Cost: \$0.99.**