



Fitness Apps

Benefits

- Stay motivated and discover new fitness ideas
- Keep fitness info in one place
- Track and monitor your progress
- Share fitness info with others



Nutrition Tracking Apps

- Keep a food diary to eat healthy
- Track calories, nutrients, and water intake
- Add exercise info to understand calorie use
- [MyFitnessPal](#) & [MyPlate](#)



Activity Tracking Apps

- Track steps and distance
- Record other health info
- [Google Fit app](#), [iPhone Health app](#), & [MapMyWalk](#)



Workout Apps

- Variety of workouts for every fitness level
- Watch demonstrations by trainers
- [Nike Training Club](#)
- [Mighty Health](#) app is designed for the 50+



Motivational and Sleep Apps

- Listen to guided meditations and music for sleep
- [Fabulous](#) helps track and create health habits
- [Medito](#) is a totally free meditation and wellness app
- [Headspace](#) and [Calm](#) offer limited free trials, then paid plans

