



unless otherwise noted, all apps shown are available at least for iOS and Android

## Activity

**FitBit.** Hardware is \$60 to \$100, mobile app and desktop app are free.

**Pedometer FREE.** Uses the phone's own GPS and position sensors as the hardware. Software is free.

**Fitness Buddy.** Break up your routine by learning a new exercise every week – for six years! Free. For \$1.99 upgrade to still more workouts.

**iPump Free Workout.** A fitness instructor coaches you in 2 full-body workouts. Free, but you can upgrade to get many other workouts.

**Pret-a-Yoga Lite.** A yoga instructor guides you through introductory routines. Free.

## Nutrition

**Myfitnesspal.** Track what you eat and drink; set diet goals and track your progress. Use bar-code capture for rapid entry of commercially-prepared food and beverages. Integrates with FitBit and with Sodexo. Free.

**Lose It!** Similar to myfitnesspal. Free.

**Meal Snap.** Takes a photo of what you are about to eat and estimates the calories, w/o data entry by you. \$2.90.

## Health & Illness

**WebMD.** Look up common symptoms and illnesses. Free.

**Rxmindme** prescription tracker. If you are on a complicated medication schedule, this gives you all the needed reminders. Free.

## Smoking Cessation

**NCI QuitPal** from the National Cancer Institute. It lets you track progress, identify barriers, and share with your friends on social networks. Free. iOS only.

**Livestrong MyQuit Coach** from Demand Media. Set up your personal plan and track your progress. Free, but optional \$4 upgrade. iOS only.

**Quit Smoking: Cessation Nation.** Track your progress, play distraction games to cope with the cravings. Free. Android only.

**quit companion** from LyfeChannel. Plans, timelines, trackers, motivational messages. Enlist a support team to encourage you.

## Emotional Well-Being

**Anxiety Free** from iCan Hypnosis. Teaches self-hypnosis to deal with stress and tension. Free. iOS only.

**Breathe 2 Relax** from the National Center for Telehealth & Technology. Function is obvious from the name. Free.

**Take a Break Guided Meditation** from Meditation Oasis.com. The same company offers many related apps. Free.

**Relax Lite** – Stress and Anxiety Relief from Saagara. Breathing cues, relaxing music. Free, but an advanced version is \$3.50.



UConn  
Health Center