



THERE'S AN APP FOR THAT

MyFitnessPal



Counting calories has never been easier thanks to this robust app. You can log most meals in under a minute by searching MyFitnessPal's extensive database of brand name foods. If you made something from scratch, you can input the recipe, and the app will estimate it's nutritional information too. And once you start regularly using the app, it gets to know your diet and saves a list of your favorite foods that can be added to your daily intake with just the tap of a button. (Free; [iOS](#) and [Android](#))

Charity Miles



Running, biking, and walking can do way more than just helping you stay healthy and fit. Every mile of exercise can earn money for dozens of different charities. With the help of corporate sponsors, Charity Miles donates 10 cents for every mile biked and 25 cents for every mile walked or ran. As those miles add up, you can make a big difference for an organization that matters to you. (Free; [iOS](#) and [Android](#))

SparkPeople



- Easily track food & calories on the go
- Log your fitness & watch exercise demonstrations
- Keep up with the latest trends in health & fitness with our articles, videos & recipes
- Check in with your SparkPeople friends
- Even give the SparkPoints Wheel a spin!

SworKit



No gym? No time? No problem! SworKit is designed with busy people in mind with high-intensity bodyweight workouts that you can make as short as five minutes and as long as an hour. Choose the style of exercise you're looking for (strength, cardio, yoga, or stretching) and discover dozens of different workouts—or go ahead and use the app to create a custom workout. Every workout set is super easy to follow with high-quality videos and a countdown clock of the number of reps you have left. (Free; [iOS](#) and [Android](#))

Nike+ Training Club



This is the easiest way to feel in control of your fitness destiny. The app offers more than 100 workouts crafted by Nike master trainers for people of all fitness levels. Select your specific fitness goal (get lean, get toned, get strong, or get focused) and find easy-to-follow workout plans—don't worry there are plenty of rest days. Each individual workout comes with beautiful video tutorials, so even beginners never feel left in the dust.

(Free; [iOS](#) and [Android](#))

Spark Recipes



- Free app featuring over 500,000 healthy recipes from SparkRecipes.com
- Search by ingredient, course, dietary needs, occasion, and more
- See nutritional and calorie information for every recipe before you make it
- Watch video demonstrations for recipes and cooking techniques

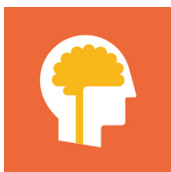
ShopWell



Take the mystery out of staring at nutrition labels. (Sure, this says it's low sodium, but is it low enough for me?) ShopWell users create personal profiles with their age, gender, health goals, things they find important to their diet, things they want to avoid, and things they're allergic to. Then head to the nearest grocery aisle and start scanning barcodes. The app will give each item a score—avoid foods with low scores and scoop up the ones closest to a perfect 100.

(Free; [iOS](#) and [Android](#))

Lumosity



Many of us spend plenty of time each week exercising our bodies, but what about exercising our minds? Lumosity takes traditional tasks used by neuroscience researchers and turns them into fun games designed to improve everything from memory to attention to problem solving. Just set aside 15 minutes three times a week, and see how learning can be all fun and games.

(Free; [iOS](#) and [Android](#))

Spring



Cranking up some bumpin' beats is just what the doctor ordered to help you work out faster, stronger, and longer. Spring is an app that builds off that simple principle. DJs curate playlists with songs that have a similar range of beats per minute. All you have to do is run to the beat of the music. Your workout will be done before you know it, and you might even discover a new favorite song. (Free; [iOS](#))

Quick & Easy Recipes—by SparkPeople



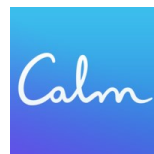
Detailed, easy-to-follow recipe instructions for every recipe

A complete nutritional breakdown of every recipe, including calories, fat, cholesterol, sodium, protein, carbs and more

Honest recipe ratings from our large community of home cooks

A recipe box to save your favorite recipes all in one place

Calm



Part of the reason meditation can be so challenging is because it's hard for us to really tune out from all that's around us. You start to focus on your breathing, but then remember that email you forgot to send or that bill you meant to pay—and so long to any sort of inner peace. The guided meditations from Calm will have you breathing easier with quick daily sessions. The meditation exercises focus on everything from releasing anxiety to building compassion to feeling more confident.

(Free or \$9.99/month; [iOS](#) and [Android](#))

Duolingo



Learning a new language is usually a daunting task. But Duolingo makes the process a lot less scary by turning learning into a series of games. The lessons teach reading, writing, listening, and speaking skills. And they're designed to be bite-size, making it easy to learn a new language on-the-go, whether you're in line at the grocery store or in the middle of your morning commute. (Free; [iOS](#) and [Android](#))