



Your Weekly Health Tip

from the desk of David

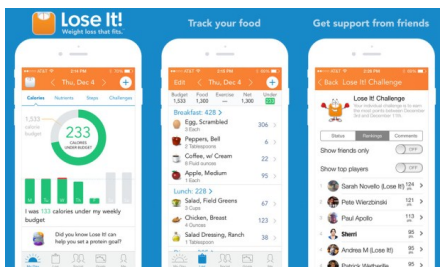


9 BEST WEIGHT LOSS APPS FOR 2015

Whether you are looking for weight loss apps to keep your New Year's resolution or simply to help you do better with your current goals to lose weight or get fit, these apps will help you get there and stay there.

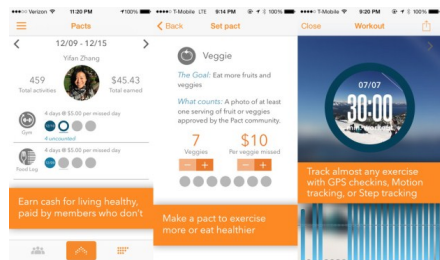
We'll focus on three key areas with these weight loss apps – food logging, activity and motivation. A study from Kaiser Permanente found that logging your food doubles your weight loss! Most of these apps are free to use. Some offer premium options for a price, but you can get started today without spending any money to achieve your goal.

Most iPhones and many Android phones include powerful sensors that can track your movement and activities without the need to buy any fitness accessories or bands. The iPhone camera can scan barcodes to help you log food and there is an option to connect the iPhone or Android to a HDTV to do a workout without looking at the small smartphone screen while you are at home.



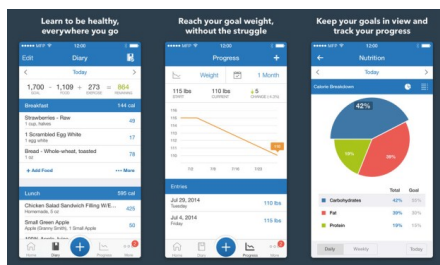
#1 - LOSE IT WEIGHT LOSS APP

Lose It is a free weight loss app for iPhone and Android that helps you achieve sustainable healthy weight loss. This tool includes an app as well as a website so you can see your information on your computer as well. You can connect to people, your various devices and food information that will help you lose weight with smart decisions. Lose It helps you create a personalized weight loss plan with goals that include a goal weight as well as total wellness and fitness. The app includes access to a verified food database that helps you track your calories with easy searching, or add custom foods and you can share recipes. Lose It connects to other apps like RunKeeper, Nike+ and a variety of devices and scales to help you track all of your fitness data easily and intelligently. You can create goals with a group of friends, challenge friends or yourself and get support from the group to stay on track.



#2 PACT

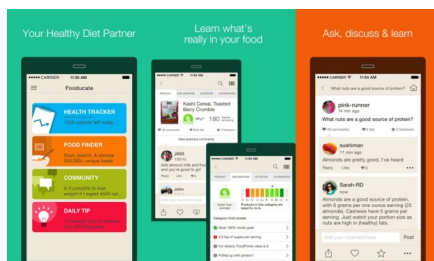
Pact is a free app that keeps you on track to work out, eat more veggies or log your food by putting money on the line. You choose how much to put on each Pact that you make. If you perform the tasks you promise to do, you will earn money with the app - from \$0.30 to \$5 a week. But if you don't keep the pact, the app will debit your bank account for the money you put on the pact. You can start with a small amount, or up the stakes to keep yourself motivated to eat more veggies, work out or just log your food.



#3 MY FITNESS PAL

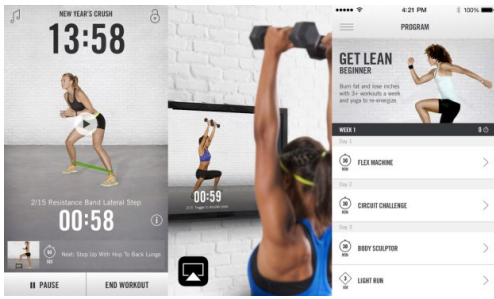
MyFitnessPal is another popular app that helps you track your food intake, exercise and call on your friends to help keep you motivated. MyFitnessPal includes access to a million foods and items in a searchable database that lets you easily add your food log to your iPhone or Android. There are also apps for BlackBerry and Windows Phone. This app and service is free, with apps that make logging easily and a personalized diet profile that helps you set a healthy diet goal and a healthy exercise goal.

MyFitnessPal also connects to a variety of apps like FitBit, Withings, Runtastic, Endomondo, Jawbone UP, Pact and others that help you track your progress with specialized apps and accessories.



#4 FOODUCATE

One of the hassles of trying to lose weight is knowing what food is actually good for you to eat. With Fooducate, you can learn more about healthy foods and instantly see if foods are good for you by scanning a barcode with your iPhone or android. You can scan food using the camera on your smartphone and see a grade for the food you are considering buying or eating. Forget trying to decipher the nutritional content based on a small area on the back of the box and look at a grade that will help you make smart decisions. You can also ask questions in the Fooducate community to learn about healthy foods.



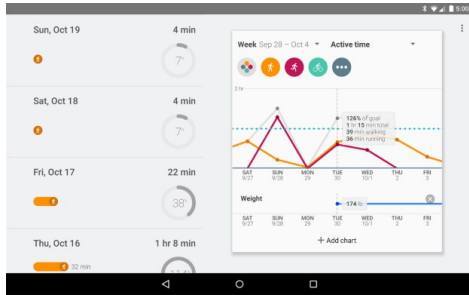
#5 NIKE+ TRAINING CLUB

If you don't know where to start with a new workout that will help you lose weight, you can use the Nike Training Club app. This app helps you choose a workout or a four-week program that will help you get lean. There are over 100 workouts and the app can help beginners, intermediate or advanced users. You can even use the app on your tablet or on your TV, so that you can train the way that it works for you. The TV part works with AirPlay, ChromeCast or a HDMI cable.



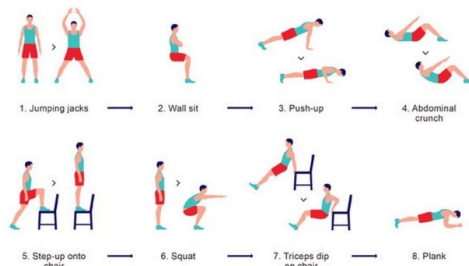
#6 IPHONE HEALTH APP FOR iOS 8

Apple includes a free Health App on the iPhone that you can use to track your progress towards a goal weight and activities levels. You can use this app to track steps, stairs walked and more. If you own an iPhone 5s or newer it will track a lot of this information automatically without the need to use another app or a fitness accessory. You can use the iOS 8 Health app to connect to some of these other apps like MyFitnessPal and others for a central place to track your health on the iPhone. The app is installed by default on the iPhone running iOS 8.



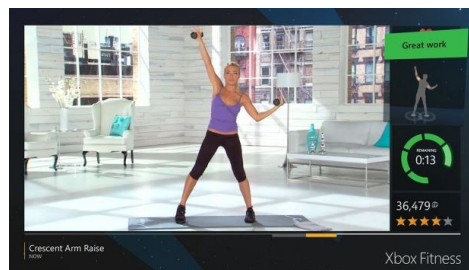
#7 GOOGLE FIT

Google Fit is a free weight loss and fitness app from Google that helps you track your activity simply by carrying your Android phone. This also works with devices like Android Wear smartwatches. You can also connect apps to the service to extend the tracking and fitness. This app can help you track your weight, your daily activity and specifically the daily heart healthy activity. With a goal to move 60 minutes each day and a pedometer goal, there are multiple ways to help push you to move more while you go about your day, even when you can't get to a gym. Google Fit is free for Android and works with most Android smartphones.



#8 7 - MINUTE WORKOUT APP

You are a busy person without a lot of time to work out. You might not be able to go to the gym to work out, which is where the 7-Minute Workout app comes in to play. This is a scientific workout that maximizes your time spent exercising by delivering the Scientific 7-Minute Workout and the Advanced 7-Minute Workout that The New York Times reported on earlier this year. You'll need to add this web app to your home screen. On iPhone, tap Share and then Add to Home Screen. On Android, tap Menu then Add to home screen. This high-intensity workout can help keep your appetite in control, improve metabolic health and cardiovascular health.



#9 KINECT FITNESS FOR XBOX ONE

This is not an app for your smartphone, but it is a great way to get in shape using technology that you already have in your home. If you own an Xbox One with Kinect, you have what you need to start training with virtual professionals. There are free and paid options to help you get in shape, and the Kinect can tell you if you are doing the exercise right, so that you don't need to worry about wasting time with bad form. There are many trainers to choose from and you can track your progress with the Kinect Fitness app.