

WHY USE TECHNOLOGY?

The fast pace of today's world brings more distractions and less time to relax, making it easy to forget what your body needs. However, the very same devices that sometimes act as distractions can be used to promote healthy living.

Technology can't make us healthy, but some apps and websites can help us be mindful of our wellness goals. Some encourage us to run; others list ingredients in foods; or display exercise routines. Take a look at some of our favorites!



SLEEP AND MEDITATION APPS



HEADSPACE

10 daily guided meditation routines

Meditation for sleep, stress, eating, and more

Download meditations for offline use



Sleep Cycle

Records the percentage of sleep quality minutes and the average time in bed

Tracks your sleep phases, and wakes you during light sleep



sleepbot

Records your body movements and sounds over the course of the night

Smart alarm feature wakes you up during lightest sleep

FITNESS APPS



Run Keeper

- Targeted to anyone who runs, walks, bikes, or hikes
- Records your route as well as your progress



Skimble: Workout Trainer

- Includes thousands of workouts led by experts
- Like having a personal trainer who gives you exercise ideas



Fleetly

- Brings a bit of friendly competition to your active lifestyle
- Earn points, join virtual teams, compete in challenges, and track your fitness progress

Coach's Challenge: Discuss with your Coach which app is right for you. Then, *take a 7 day challenge to use it daily.* Do you notice any difference in motivation?

Coach's Quick Take

- Technology makes life more convenient, but don't let it keep you on the couch!
- Along with your Coach, apps help to increase your motivation while keeping you accountable to your exercise, weight, sleep, and nutrition goals!

DIET APPS

My Fitness Pal



Monitors calories by scanning barcodes or searching an extensive food database

Automatically stores frequently eaten foods to make tracking quick and simple

Lose It



Calorie tracking and peer support

Customized individual goal-setting strategies for exercise, blood pressure, and weight loss

Fooducate



Grades food by scanning barcode and gives detail about ingredients in product

Suggests healthy food alternatives to consider

Healthy Out



Displays healthful restaurant options in the area

Displays the menu items that are the best choices to maintain health

Chemical Cuisine



Indicates concerning ingredients in particular food items (ie: aspartame, food colorings, BHT, sucralose and other chemicals)

Educates on hidden names for these chemicals and their safety

How many calories should you eat? Ask your coach for help finding your caloric needs using MyFitnessPal.

My approximate daily caloric intake is _____.



COMMUNITY APPS

Charity Miles



- Every mile of exercise can earn money for dozens of different charities
- Corporate sponsors donate 10 cents for every mile biked and 25 cents for every mile walked or run



- Three different types of pacts - gym pact, veggie pact, food logging pact
- Uses cash stakes to help you achieve your health goals, week after week
- Stakes paid out by members who didn't reach goal

Ask your Coach for help deciding on a Pact that is right for you.

My Pact is _____.