Health & Wellness Smartphone Apps – Provided by BGSU Recreation and Wellness – www.bgsu.edu/recwell

Fitness Apps
Cardio Trainer (Android)
Cardio Trainer tracks your cardio workout better than any treadmill! This app has a step counter and voice notifications to keep you updated on your distance, pace, time elapsed and calories burned. With Cardio Trainer you can also set up a weight loss program and the app helps you meet your goals. This app comes with a GPS tracking system so you can take new routes without getting lost, cardio games to motivate you to beat your previous records, and music integration so you can listen to all your favorite tunes during your workout!

iWorkout (iPhone)
Do you want a personal trainer in your pocket? If so, try this app! iWorkout has 100 exercise videos - cardio, core, machine, Swiss ball, stretching, etc - so you can see the right form and exactly how to do it. This app also has specific information on different types of machines and instruments used in your workouts. iWorkout gives you trainer tips while keeping track of your reps by providing a metronome to ensure you’re keeping a good pace. You can record your workouts in the app diary and see your workout-to-workout progress!

Fit Phone (iPhone)
Fit phone is an electronic workout log that is customizable and helps you create your own workouts. You can mix and match several types of workouts and the application records them into easy to update spreadsheets. The app tracks your progress and creates graphs so you can see your improvements. Keep track of your workout right on your phone and avoid analyzing all of your daily workout logs!

Calories Burned Calculator
This calculator, easily accessible on the go with any smartphone, allows you to track calories burned throughout the duration of your workout.

Stress Reducing/Pain Relieving Apps
Brainwave Tuner Lite Edition for Mobile
This brainwave stimulation application generates tones with binaural beats to change your brain frequency towards a desired state. Huh? Basically, the stress reducing phone app includes 6 Preset Sound Patters - Headache Therapy, Meditation, Schumann Resonance, Sleep Induction, Relaxation and Self-Hypnosis - that can help change your mood, reduce stress from all your work, and relieve any pain you may have.

Massage Me (iPhone)
How often do you think or talk about getting that massage to relieve all your pain and stress? Now, with the Massage Me application, you can get a massage anytime and anywhere! The application uses the phone’s vibration feature to create different massage patterns that you can use anywhere on your body. You can customize the patterns to your choosing, and the app will remember them for future use. The app also has a built in safety feature so your phone won’t overheat, and you can enjoy hours of massage!

Hawaii Waterfall
This amazing phone application helps reduce stress and replenish your body as you listen to the calming sounds of a tropical waterfall. The app has high-quality video and audio samples of your peaceful escape and even lets you create the ambiance. Divert the flow of water, or move and places rocks on the cliff to create your own custom water sounds, all in the comfort of your hand!

Nutrition Apps
Fast Food Calorie Counter
If you’re into fast food but still want to monitor your calorie intake, then this app is a must have. FFCC has just under 8,900 menu items from 72 top fast food chains and includes nutritional information about calories, fats, carbs, fiber and protein. The app also records the food you’ve eaten each day and saves it for a year so you can see just how much you indulge. FFCC allows you to set daily value targets for calories, fats, fiber, carbs and protein and helps you track your intake of each.

KnownFood v2
KFv2 is an online database with the latest research information and expert opinions on food additives, colorants, and flavors found on food labels. The database contains information about each of these items and helps you determine what kind of effects they can have on your body and overall health. Get to know your food a little better with this mobile phone app!

Nutrition Complete
This phone app comes with a complete and accurate nutrition database based on the latest data from the U.S. Department of Agriculture. The app has information on more than 10,000 food items and complete nutritional data for each one. You can also tailor the data based on your personal information - weight, size, gender, etc - to create daily value percentages and serving sizes for specific foods in your diet.

GoMeals by Sanofi
Tapping into CalorieKing’s nutritional database, this free app includes great visual feedback as well as a respectable database of restaurant foods and even a built-in restaurant finder.
**Weight Loss Apps**

**WeightDate**
This app allows you to monitor your weight changes, whether your losing or gaining, over a period of time. A great edition for those with a set goal, as it offers an average to see how you’re moving towards your overall goal.

**Lose it! (iPhone)**
The Lose it! app is a calorie counter and food tracker that helps you meet desired weight loss goals. Plug in some info, and Lose It! sets a calorie budget and exercise plan to help you meet your goals by your deadlines. Lose It! Includes nutritional information on more than 21,000 foods - including many not even found on the Agriculture Department's food database - and items from many chain restaurants as well. Upload your data online and you can view reports and progress and even trade diet notes with your friends.

**Calorie Counter**
Enter food choices in an easy and efficient way and Calorie Counter will ensure that you are budgeting your food intake well. Another very comprehensive app that lets you save your food preferences and frequently eaten items so you don’t have to constantly upload your food intake manually. This app makes it easy to keep track of your calories and helps you meet your weight loss goals.

**Think Thin!**
Think Thin! is a weight loss motivator to help you think smartly about losing that weight rather than just relying solely on willpower. Jenny Beaird brings her one-on-one fitness and life coaching straight to your phone. The app analyzes 6 main lifestyle areas and gives feedback on how to increase your weight loss success. This app also includes stories, tips, and ideas to help motivate you to reach those weight loss goals!

**Medical Apps**

**Pocket First Aid & CPR Guide**
This application is a comprehensive tool to keep you and your loved ones safe at all times. The pocket guide has dozens of articles about tons of topics including specific injuries, bites, bruises, CPR, Heimlich maneuvers, and various other emergency needs. All articles are stored on the phone for easy access even when out of cell service range. You can enter your personal medical information, doctors contact information, and even insurance information for easy access at any time. First aid and CPR can save tons of lives so make sure you’re always prepared!

**iTriage**
Find out medical information fast and easy with this free smart phone app. Developed by physicians, iTriage allows you to check symptoms, look up conditions and locate a clinic or doctor in their area.

**Vaccines**
This application is great for making sure you are up to date on all of your vaccinations. Immunization schedules are also recommended by the Centers for Disease Control and Prevention and are updated regularly to reflect any changes. Stay healthy through the season without having to check your medical records or calling your doctor.

**MedsLog**
Always forgetting to take those meds? MedsLog helps you remember to take all your medications and at the right time! Upload your medications to your phone and the application will set reminders for you. You can include creams, ointments, eye drops or any other regimen and MedsLog will help you remember to apply them. The application also records past consumption for reference and allows you to log information on blood pressure, blood sugar, or general conditions after each application to email to yourself or your physician. With MedsLog you can be on top of your medications while keeping your doctor in the loop of how you’re feeling!

**Overall Health/Miscellaneous**

**Health eBooks**
Do you like reading? Now you can read all about health with this mobile app right in the palm of your hand. This app makes it easy to stay on top of your health with easy access to tons of health books that you can read everywhere. Try it on the train, on your way to class, in the car (not while you're driving!) or even while you work out!

**ICE**
ICE is an emergency information app that stores all the important medical information you need on hand. This app allows you to set up an emergency contact list so that emergency personnel know exactly who to contact in case of any emergency. With ICE you can record all your allergies, medications, or any medical conditions. You can choose from hundreds of possible allergies, medications and conditions, or create your own entries as well. ICE is a great tool for emergency personnel when you can't help yourself.

**Smoke Track**
If you are trying to cut down or quit smoking cigarettes, this app is perfect for you! You can set your own reduction pace and goals and Smoke Track helps you reach them and shows you how you’re doing. Every time you have a cigarette, tap the Smoke track button. The app records the amount of cigarettes you smoke and when you smoke them so you can see your habits right in front of you. Smoke Track can also recommend where to cut out daily cigarettes to get you to stay on track and smoke less and less every day!