

Links to Information about Fitness and Nutrition Apps

Today's best diet and physical activity apps leverage the power of your smartphone and other devices to help you take control of your nutrition and health through better eating and increased physical activity. Remember that the true measure of an app's worth is if it helps you to make healthy changes. If an app doesn't motivate you to improve your diet, it's not much more than a time-waster. You may access this document and its links at www.healthycommunityalliance.org

Diet and Nutrition (Compiled March, 2018)

My Fitness Pal Calorie Counting App

<https://www.myfitnesspal.com/>

10 nutrition and diet apps for 2018 -Kaiser Permanente

<https://wa-health.kaiserpermanente.org/best-diet-apps/>

Resolved To Lose Weight? We Gave Food-Tracking Apps A Try- National Public Radio

<https://www.npr.org/2018/01/01/574109412/we-gave-weight-loss-using-food-tracking-apps-a-try>

5 Best Nutrition Mobile Apps for 2018- 80 Twenty Nutrition

<https://www.80twentynutrition.com/5-best-nutrition-mobile-apps-for-2018/>

Fitness (Compiled March, 2018)

18 Best Health and Fitness Apps of 2018 –Active.com

<https://www.active.com/fitness/articles/18-best-health-and-fitness-apps-of-2018>

The 18 best health and fitness apps of 2018 –Men's Fitness

<https://www.mensfitness.com/life/gearandtech/18-best-health-and-fitness-apps-2018>

Our 10 Favorite Fitness Apps in 2018 –Cooking Light

<http://www.cookinglight.com/healthy-living/fitness/the-best-fitness-mobile-apps-2018-iphone-android>

The Best Free Health and Fitness Apps –Money

<http://time.com/money/4363560/best-health-fitness-apps/>