The Best Apps for a Healthy/Appy New Year

Session Duration: 60-90 minutes

Subject: Resolutions, Mental Health, Physical Fitness, Food Plans

Materials Needed: Mobile device with internet connection

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Learn about a variety of fitness and diet apps to help keep your New Year’s Resolutions going all year.

Resources from your Library

Books...

Author: Fogg, B. J., author.
Title: Tiny habits : + the small changes that change everything / BJ Fogg, PhD.
Description: 306 pages : illustrations ; 24 cm
Summary: "The world’s leading expert on habit formation shows how you can have a happier, healthier life: by starting small."-- Provided by publisher.
Author: Ashton, Jennifer, 1969- author.

Title: The self-care solution : a year of becoming happier, healthier, and fitter--one month at a time / Jennifer Ashton, M.D., M.S. ; with Sarah Toland.


Description: 275 pages ; 24 cm

Summary: Dr. Jennifer Ashton guides you through the struggles she faces, the benefits she experiences, and the science behind why each month's challenge --giving up alcohol, doing more push-ups, adopting an earlier bedtime, limiting technology--can lead to better health.

Author: Greger, Michael, author.

Title: How not to diet : the groundbreaking science of healthy, permanent weight loss / Michael Greger, M.D., FACLM.


Description: viii, 596 pages : illustrations ; 25 cm

Summary: Every month seems to bring a trendy new diet or weight loss fad--and yet obesity rates continue to rise, and with it a growing number of diseases and health problems. Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of Nutritionfacts.org, turns his attention to the latest research on the leading causes--and remedies--of obesity.
**Consumer Health Complete**

A comprehensive resource for consumer-oriented health content. It is designed to support the information needs of patients, and to foster an overall understanding of health-related topics.

**Reviews/Guides from Consumer Reports Online**

[Consumerreports.org/health](http://Consumerreports.org/health)
Smart (digital) scales


[The Best Smart Bathroom Scales for 2020 | PCMag.com](http://PCmag.com/roundup/343154/the-best-smart-bathroom-scales)

Whether you’re training for a marathon or simply looking to lose a few pounds, effortlessly track your weight, body fat, bone density, water...

Nutrition apps

[Fooducate](http://Fooducate.com): Lose weight with REAL food, track your progress, and get motivated. Fooducate is the ONLY APP that looks beyond the calories to help you lose weight and keep it off!

**Health Tracker**

Track what you eat and your activities to see your progress and achieve your goals

<table>
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<th>Calories</th>
<th>Budget 1800</th>
<th>Net 740</th>
<th>Left 1060</th>
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Best Nutrition Apps of 2019 - Healthline

Healthline.com/health/food-nutrition/top-iphone-android-apps

Whatever your reasons for logging your meals, a good app can help. We found the year’s best nutrition apps to make the job a little easier...

- Food Intolerances
- Nutrients
- MyFitnessPal
- MyNetDiary
- MyPlate
- Nutrition Facts
- Calory

Reminder apps

Google Keep (Android)

Apple Reminders (Apple)
Native health apps

**Google Fit** (Android)

**Apple Health** (Apple)
Other Tracking

Map my Ride | Map my Walk

Apple Maps | Google Maps