

The Best Apps for a Healthy/Appy New Year

Session Duration:

60-90 minutes

Subject:

Resolutions
Mental Health
Physical Fitness
Food Plans

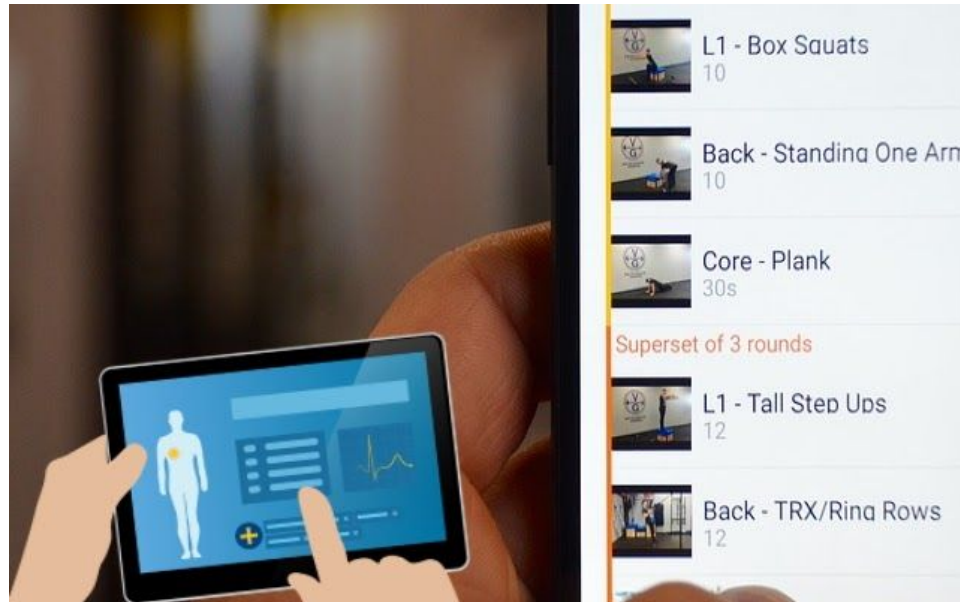
Materials Needed:

Mobile device with internet connection

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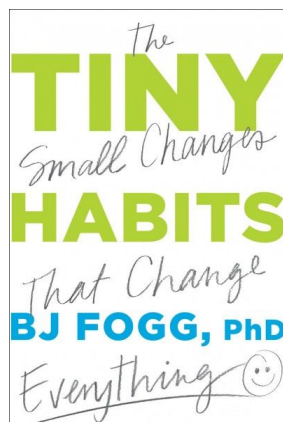
Learn about a variety of fitness and diet apps to help keep your New Year's Resolutions going all year.

Resources from your Library

Resources from your Library

- Books... 1
- Universal Class Courses: Health, Medicine, Fitness & Nutrition 2
- Consumer Health Complete 3
- Reviews/Guides from Consumer Reports Online 3
- RBdigital Magazines 4
- Smart (digital) scales 4
- Nutrition apps 4

Books...



Author: Fogg, B. J., author.

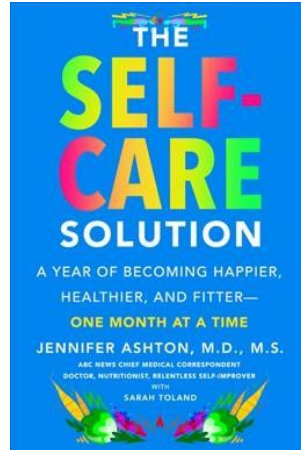
Title: [Tiny habits : + the small changes that change everything](#) / BJ Fogg, PhD.

Publisher, Date:
Boston : Houghton Mifflin Harcourt, 2020.

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.

- Reminder apps 5
- Native health apps 6
- Other Tracking 7



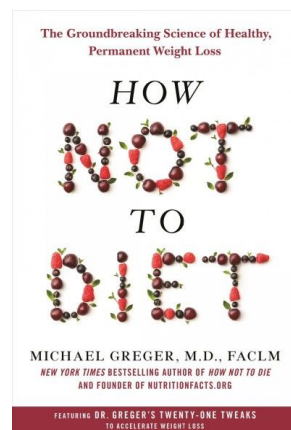
Author: Ashton, Jennifer, 1969- author.

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.

Publisher, Date: New York, NY : William Morrow, an imprint of HarperCollinsPublishers, [2019]

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.

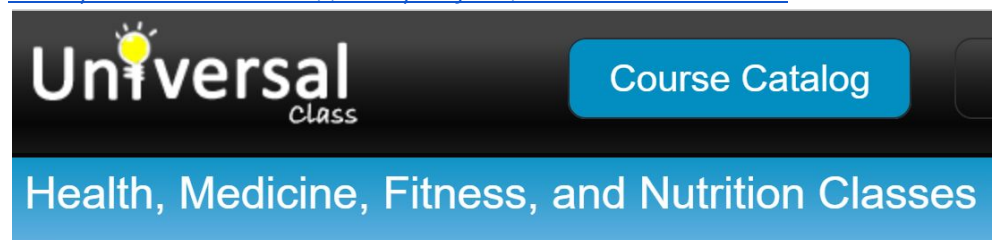
Publisher, Date: New York : Flatiron Books 2019.

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.

Universal Class Courses: Health, Medicine, Fitness & Nutrition

Library.universalclass.com/i/librarysubjects/healthcare-fitness.htm



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.



The screenshot shows the Consumer Health Complete website interface. At the top, it features the logo and the text "Consumer Health Complete powered by EBSCOhost". Navigation links include "Home", "Advanced Search", and "Medical Dictionary". There are also links for "Sign In" and "Folder Preference". A search bar is prominently displayed with a "Find:" label, a search input field, and "Search" and "Clear" buttons. Below the search bar, there are eight categories of content, each with a representative image and a link: "Evidence-Based Reports", "Encyclopedias & Reference Books", "Fact Sheets & Pamphlets", "News & Magazines", "Drug & Herb Information", "Alternative Sources", "Images & Diagrams", and "Videos & Animations".

Reviews/Guides from Consumer Reports Online

Consumerreports.org/health



Product Reviews

News

Issues That Matter



[RBdigital Magazines](#)



Smart (digital) scales

[Tomsguide.com/us/best-smart-scales.review-3469.html](https://www.tomsguide.com/us/best-smart-scales.review-3469.html)

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

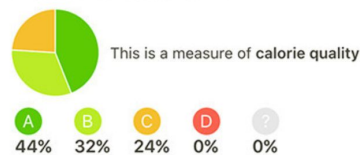
[Fooducate](#): Lose weight with REAL food, track your progress, and get motivated. Fooducate is the ONLY APP that looks beyond the calories to help you lose weight and keep it off!

Health Tracker

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





Average food grade: B+



Calories  1104  364

Budget 1800 Net 740 Left 1060

Food Points  18  5

Budget 40 Net 13 Left 20

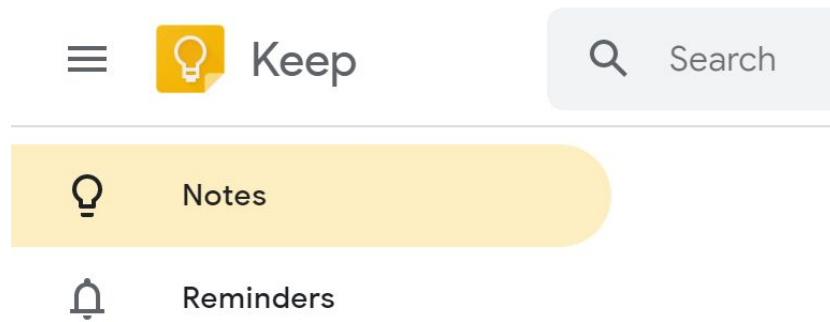
[Best Nutrition Apps of 2019 - Healthline](#) |
[Healthline.com/health/food-nutrition/top-iphone-android-apps](https://www.healthline.com/health/food-nutrition/top-iphone-android-apps)

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...

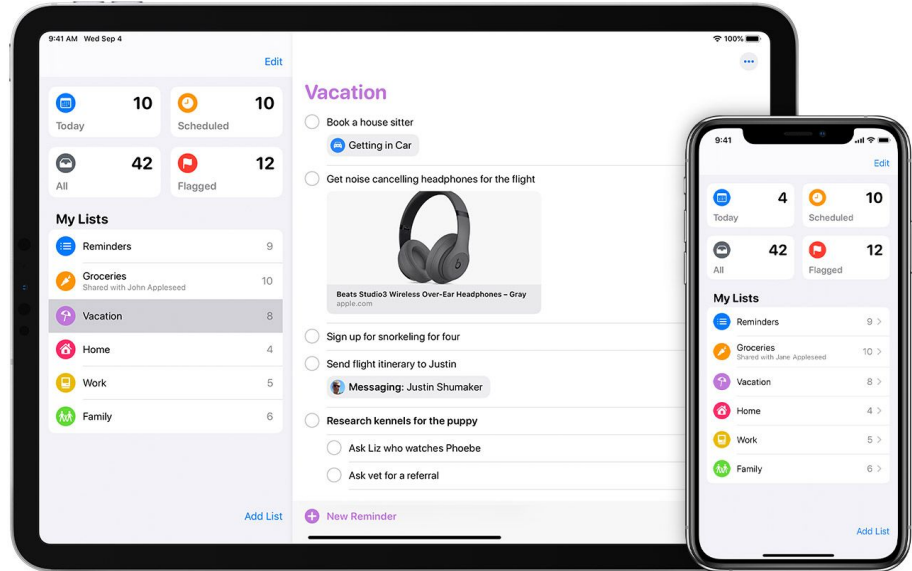
- [Food Intolerances](#)
- [Nutrients](#)
- [MyFitnessPal](#)
- [MyNetDiary](#)
- [MyPlate](#)
- [Nutrition Facts](#)
- [Calory](#)

Reminder apps

[Google Keep](#) (Android)



[Apple Reminders](#) (Apple)



Native health apps

[Google Fit](#) (Android)



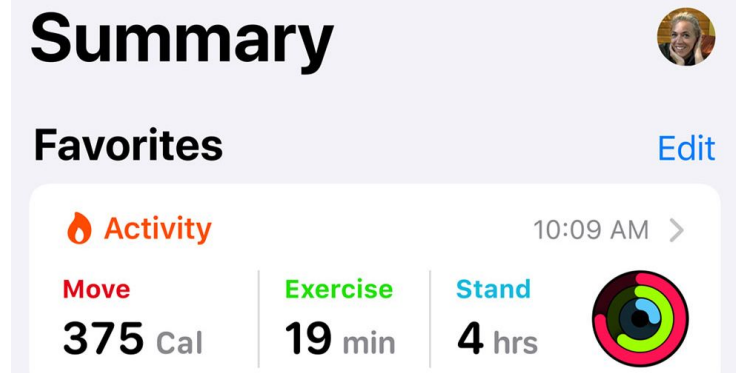
Google Fit: Health and Activity Tracking

Google LLC Health & Fitness

★★★★★ 3k

Everyone

[Apple Health](#) (Apple)





Tech Classes @ Your Library

Other Tracking

[Map my Ride](#) | [Map my Walk](#)

[Apple Maps](#) | [Google Maps](#)