

# Health & Fitness Apps That Will Change Your Life!

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by Nick Iandolo

## **Apps=Life**

When I think about how my **iPhone** and **iPad** have literally changed my life, not only do I give credence to the way in which I communicate with my fellow humans (via *iMessage*, *Facebook/Messenger*, *Twitter*, *YouTube*, *Tumblr*, *Snapchat*, *Nextdoor*, etc.), and the plethora of business and entertainment apps (*Bank of America*, *PayPal*, *YouTube* [again], *IMDb*, *Pandora*, *Amazon Instant Video*, *Angry Birds Star Wars Edition*, *Cut the Rope*, etc.)—all of which I find virtually indispensable now to my life—but I also find that my precious mobile devices are able to help ensure my health and fitness as well. With apps of course!

Ever since I “went mobile” back in 2012, one of the first things that I did was look into health and fitness apps, primarily at the time a good calorie counter. Round about Thanksgiving 2012 I got the flu, ironically after having received a flu shot in October, and was unable to enjoy the annual traditional repast that Americans had been feasting upon since the days of the Pilgrims. Well some days later, and about ten pounds lighter, I looked in the mirror and had seen a guy staring back at me that I hadn’t seen in years.

And that’s when the epiphany hit me: **get back into shape!**

## **The Art of Apps for Your Health**

### **MyFitnessPal**

And round about that time I got an iPad, and then I discovered my first fitness app to help me on my journey to regaining my health and my younger body, [MyFitnessPal](#).

What a wonderful app!

The first great thing about it is not only does it count your calories (as expected) but it utilizes your device’s camera to scan the bar code of all the food and beverage products you consume to record the full nutritional values of each item. With a database of millions of foods and beverages (including my favorite craft brew beers!) it really gives you the best most complete picture of your overall eating habits and nutritional intakes daily, weekly, and monthly at a glance. This is indispensable information when trying to lose weight and embark on a healthier lifestyle. The app also takes into account calories earned back (more on that later) through both cardiovascular and strength-training exercise, has a progress tracker for current weight and weight loss goals, and probably the best thing about it: a social media community of fellow fitness pals to help support and encourage your efforts.

This was the first line of digital defense in my new app arsenal of weight loss and fitness training.

### **You Are Your Own Gym**

The next one came in the form of an exercise program developed by **Mark Lauren** (a former Spec Ops soldier who trains the US’ most elite soldiers and is also a Muay Thai kickboxing champion) called [You Are Your Own Gym](#).

This remarkable bodyweight training workout program is like finding *the fountain of youth!* Seriously, what this man has created is a program that not only frees fitness enthusiasts from the time and expense of going to a gym but also gives them a real progressive system that is based on science and centuries of military experience for the low cost of next to nothing!

The app will run you about \$4 and there is a print book and an eBook that you can get but don't really need (unless you're like me and want to know the science and reasoning behind the exercises). But it's the app that is a real treasure.

What it has is a wealth of timed progressive exercise routines (using periodization like *ladders, intervals, supersets, tabatas, and strappers* to name a few). The timers used during the routines are designed to take the headache away from the exerciser so they can concentrate on form and progression. Also the app comes with warm up and cool down videos, videos of all the exercises and their difficulty variations, and even an online component that allows you to synch your progress history with all of your mobile devices.

My favorite thing is to workout using the *You Are Your Own Gym* app while listening to my *Journey* and *Jon Bon Jovi* channels on my *Pandora* app!

### **Azumio Instant Heart Rate**

And furthermore, during my workouts (specifically during a timed rest period in between sets) I use the [Azumio Instant Heart Rate](#) app (that cost me only two bucks) to measure my heart rate right from my iPhone! I couldn't believe this was even possible but it works. It uses the smartphone's camera and flashlight to measure the blood flow rate through your semi-translucent finger that then is calculated into a heart rate value. This app allows you to categorize and save your entire daily heart rate history and even synch it up via the Internet.

What I do is take an average of my overall heart rate for my entire workout session (say five readings throwing out the lowest one and then adding them up and dividing by the number of readings that I actually used).

### **Calorie Burned Calculator**

With this value in hand, I then head over to another inexpensive app (\$0.99) to get my total calories burned for that workout session. It's the [Calorie Burned Calculator by JAZ Games](#). This simple app does what it's supposed to and gives me how many calories I've burned during my workout.

Then I head back over to *MyFitnessPal* to record it under the exercise tab and those are the additional calories I get to eat back for that day. And you always want to eat back your calories and stay within your acceptable weight loss calorie daily limit lest your body goes into *starvation mode* and you stop losing weight.

In general however, for me it is less about what the scale says and more about my fitness level. When I can do the monkey bars with my kid at the playground, then I know I'm heading in the right direction!

## **The Whole App and Nothing But the App**

### **NutriSavings Mobile App**

Finally, there's another app that I'd like to include in my mobile health and fitness toolkit, the [NutriSavings Mobile App](#).

The myth that gets thrown around these days is that eating healthy and exercising is both expensive and time consuming, which is why most people decide not to do it because they just can't fit a healthy lifestyle into their busy lives.

### **That couldn't be further from the truth!**

The *You Are Your Own Gym* and *MyFitnessPal* apps totally debunk the fitness part of that argument. You don't need expensive gym memberships or exercise equipment (weights, treadmills, *FitBit* monitors, etc.)—just your own body as the *You Are Your Own Gym* app gives you for next to nothing (when compared to say the *P90X* program), or expensive weight loss programs (like *Jenny Craig* or *Weight Watchers*) when all you need to do is expend more calories than you take in—which *MyFitnessPal* shows you how to do for free.

And as for eating healthy, what better way to save money than to use an app and a program that allows you to earn cash back rewards and discounts on healthy grocery shopping trips! Also, having access to healthy and delicious recipes and a community of like-minded health conscious people to draw upon is priceless. Finally, also having an app that is part of an employer-supported health program that helps drive down health care costs by having a healthier workforce is a win for everyone!

The *NutriSavings Mobile App* gives you that access, and that debunks the “eating healthy is expensive myth” right there!

For more information on all of these apps check out the above links, or contact us at **NutriSavings** here for free: **800-344-3593**.

*Here's to your health!*

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### **Meta-description**

Health and fitness apps that will change your life! Using apps like You Are Your Own Gym, MyFitnessPal, Instant Heart Rate, Calorie Burned Calculator, and NutriSavings Mobile App provide fitness enthusiasts with tools and resources to embark on a more healthy lifestyle while keeping the costs of maintaining that lifestyle down and earning both health benefits and financial rewards.

### **Keywords**

health, fitness, exercise, workout, apps, nutrisavings, myfitnesspal, you, are, your, own, gym, azumio, instant heart rate, mobile, calorie, burned, calculator, mark, lauren, jaz, games, grocery, shopping, healthy, eating, lifestyle