

Apps for Weight Loss

...there's an app for that!!!

Free Nutrition Apps

2Fat- FREE for iPhone

Calculate your body fat percentage and BMI

40-30-30- FREE for iPhone

Calculate the percentage of carbs, protein, and fats in your meal

Calorie Counter by FatSecret- FREE for iPhone & Android

Zaps the label of a food item (of popular food brands and chain restaurants) and records the number of calories. Also comes with a food diary/exercise log

Calorie Counter MyNet Diary- FREE for iPhone & Android

Tracks and graphs your calorie and nutrient intake by scanning the bar code of packaged food or searching food items. Also tracks and graphs exercise

Diet Recipes: Cooking for Easy Weight Loss- FREE for iPhone

Quick access to recipes for tasty, low-calorie meals

Eat This, Not That! The Game- FREE for iPhone & Android

Compares similar products to help you find the healthier choice

Lose It! - FREE for iPhone & Android

Make goals, record your meals and workouts, and analyze recipes. It also has a built-in calorie counter.

Noom Weight Loss- FREE for Android

Helps you to set a weight-loss goal, monitor your progress, track your food intake, and log your activity

Restaurant Nutrition- FREE for iPhone & Android

Provides the calorie, carbohydrate, protein, and fat content of the menus of 115+ national restaurants to help you make healthier choices

StepTrackLite- FREE for iPhone

Track the number of steps you take daily

Calorie King Calorie Counter- FREE

Find nutritional information for over 50,000 brand name and generic foods, including fast foods.

MyPlate App- FREE for iPhone & Android

Users can enter their age, gender and activity level to see nutritional recommendations.

Weight Watchers Mobile- FREE for iPhone and Android but need to be signed up for Weight Watchers

Converts your meals to Weight Watchers points and tracks your intake



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

MyMedSchedule – FREE for iPhone

Track medication schedule and set reminders to take medication and request refills.

My Fitness Pal (18 and older)- FREE

Log all your meals on a daily basis, including access to a food database of over 1,734,000 items.

SparkPeople Diet & Food Tracker- FREE

An online food journal that contains more than 250,000 searchable foods.

Fooducate- FREE

A personal food advisor that analyzes information found in each products nutrition panel and ingredient list.

Campbell's Kitchen- FREE

Offers free recipes, cooking solutions, tips for eating smart and saving suggestions to help you make the most of your meals.

Waterlogged- FREE

Track your water intake with minimal effort and analyze past data for an accurate look at your water consumption.

Fast Food Calorie Counter- FREE

Provides nutritional information for popular fast food items. The app contains over 9,000 menu items from 73 fast food restaurants.

The Snack App- FREE

Sorts hundreds of snacks by calorie counts- 50, 100, or 200- and by your type of craving: salty, sweet, crunchy, cheesy, creamy, and more.

Jamie's Recipes- FREE

Featuring recipes from celebrity chef Jamie Oliver. It includes simple recipes with a complete ingredients list.

Fit Bit- FREE

Allows you to log food, water, activities, and your weight. You will be able to view your goals and see your progress with friends.



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

Free Activity Apps

Pedometer Free- FREE for iPhone or iPod Touch

Keeps track of your steps automatically.

Workout Trainer by Skimble- FREE for iPad, iPhone, iPod Touch and Android
Trainer easier than ever before with audible workouts designed to make you perform better.

Fitocracy- FREE

An online community of fitness folks of all levels. You can follow and interact with others and turn your workouts into a fun competition among friends.

Gorilla Workout- FREE

A fast-paced, no equipment grouping of over 40+ exercises. Every workout can be done in any location.

Map My Fitness-FREE

An app that provides access to a geo-mapping application that permits you to track and store daily running, cycling, walking or hiking.

Endomondo Sports Tracker- FREE for iPhone and Android

Using the built-in GPS, it tracks your fitness-running, cycling, walking and any other distance based sport.

iSPINNING- FREE for iPhone

Designs workouts to track your heart rate, time in target zones, calories burned, cadence, speed, distance, and power during spinning

Nexercise - FREE A Fun Fitness Exercise Game

Encourages consistent physical activity and provides fun challenges to help you get active.

Couch to 5K- FREE

Designed to get just about anyone from the couch to running 5 kilometers or 30 minutes in just 9 weeks.

iMapMyRun- FREE for iPhone

Applies GPS technology to measure the distance, time, pace, and speed of your outdoor workouts

Pret-a-Yoga Lite- FREE for iPhone

Guides you through yoga poses and breathing patterns with images and audio instruction

FootSteps Pedometer- FREE for iPhone

Tracks the number of steps you take daily

Heartbeat- FREE for iPhone

Use this app to take your heart rate



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

Free Stress Management and Other Apps

White Noise Lite- FREE

Provides sounds of the environment to help you relax or sleep such as ocean waves, crickets chirping at night, and the soothing sound of rain fall.

White Noise Ambience- FREE for iPhone, iPod Touch, iPad and other smartphones

Helps you relax during the day and sleep great at night.

Relaxing Sounds of Nature Life- FREE

Designed to help you fall asleep, including ocean waves, thunderstorms, crackling fire, mountain steam, healing waters, rain and more.

Storm Sim- FREE for iPad

Lets you create and personalize unique sounds to help you relax and sleep.

Sleep Maker Rain/Storms- FREE

These are 3 apps that have specific collections of sounds, all targeted at tranquility.

HealthStar (ebook) – FREE for iPhone

Instruction and examples of relaxation exercises for younger children.

RelaxLight – FREE for Android (upgrades for fee)

Stress Checks – FREE for Android (upgrades for fee)

Good for adolescents and adults. Provides yoga tips

MyCalmBeat – FREE for iPhone, Android, and Blackberry

Practiced paced, belly breathing to help with stress management or anxiety.

Breath2Relax – FREE for iPhone

Provides education about stress management and instruction about belly breathing with exercises to help practice paced, belly breathing.

RelaxMelodies – FREE for iPhone

Provides white noise and other relaxing sounds and music to aide in sleep or meditation/relaxation.

Guidedimageryforchildren – FREE for Android

Guided imagery and visualization scripts for older children and adolescents



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM

Nutrition, Activity and Behavior Apps with Fees

icouchCBT - \$1.99 for iPhone

Provides tips and diary for challenging negative thoughts. **Should be used in combination with outpatient therapy.**

BariMate - \$7.99 for iPhone

One of first apps developed for patients undergoing bariatric surgery. Allows you to track weight loss including a graph, log food and exercise as well as vitamins and supplements being taken, and can post to other social networking or media sites to allow others to see your progress or post inspirational quotes to help with motivation

Calorie Tracker- \$2.99 for iPhone & Android

A huge food database allows you to track the number of calories eaten, as well as calculate the number of calories you burn during exercise

FoodScanner- \$0.99 for iPhone

Scans UPC barcodes on the foods and assigns a “grade” to the food. Also tracks calories consumed throughout the day

Obesity Terminator- \$3.99 for iPhone & \$2.99 for Android

Features a calorie counter and nutrition advice as well as resources for emotional health during weight loss, such as a personal hypnosis session and an inspirational video

Thin-Cam- \$0.99 for iPhone

Records your food intake and helps you to accurately estimate portion sizes by snapping a photo of your plate

Weightbot- \$1.99 for iPhone

Track and graph your weight over time

Meditation Oasis - \$0.99 to \$5.99 for iPhone and Android

Variety of apps for relaxation and sleep including deep breathing exercises, visualization and guided imagery scripts, and help for sleep. Also available online at www.meditationoasis.com

Nike+ GPS- 1.99 for iPhone, iPod and iPad

Map your runs and track your progress



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.SM