

Technology Help

Phone Apps

- My Fitness Pal—www.myfitnesspal.com
- Fit Builder—www.fitnwatch.com
- P90X—www.P90X.com
- Food & Fitness Tracker—www.Sparkspeople.com
- All in Yoga—www.itunes.com
- Yoga Stretch—www.itunes.com
- Run Keeper—www.runkeeper.com
- Map My Ride—www.mapmyride.com
- Nike Training Club for Women—www.nike.com
- iTreadmill—www.itreadmill.net
- Fit Day—www.Fitday.com
- Pedometer 24/7—www.itunes.com
- Fast Food—www.itunes.com
- Lose It—www.loseit.com

Gadgets and Games

- Fit bit—www.fitbit.com
- Withings Wireless Scale—www.withings.com
- Xbox Kinect Fitness Game(s)—www.microsoftstore.com
- Wii Fitness—www.wiifit.com

Websites

- Www.sparkpeople.com
- Www.myplate.gov
- Www.foodfit.com
- Www.5aday.org