

FREE Health / Fitness Apps for SMART Phones

Workout Programs



JEFIT. Sometimes the hardest part of a workout is just getting to the gym, and JEFIT understands that. Beginners are welcome to try this app that lets users create a workout schedule, track their progress, and search for new exercises.

Android: Yes iPhone: Yes



Nike Training Club. This is Nike's personal training app for women. Users enter their current fitness levels and find exercises that help them reach their goals. And fitness gets fancy when users try workouts from celebrities, professional athletes, and trainers.

Android: N/A iPhone: Yes

Workout Trackers



Fitocracy. With the Fitocracy app, users track their workouts, earn points, and compete against other members of the Fitocracy community.

Android: Yes iPhone: Yes



MyFitnessPal. This hugely popular product lets users track their daily activity and food intake. Nutritional info's available for almost any food, from filet mignon to PB&J. The app even comes with a bar code scanner, so users can find out that cereal's not so nutritious before they buy it. Get support from friends with similar health goals and track each other's progress.

Android: Yes iPhone: Yes



Gympact. Gympact users **earn money** when they check in at the gym from their smartphones. If they skip a session on the elliptical, they lose the money they paid to sign up. **Price: Free OR pay to play**

Android: Yes iPhone: Yes



Fleetly Fitness. Almost anyone can benefit from the tools included in Fleetly Fitness. Users get detailed instructions for exercises that match their specific fitness level and goals, and then track their progress with training logs and charts. Challenges friends to see who can get fit fastest!

Android: N/A iPhone: Yes



Alpine Replay. This app records all the details of a skiing workout. Users track their speed, distance, vertical, and calorie burn, to see how they've improved over the course of the season.

Android: Yes iPhone: Yes



Argus 24/7 Steps and active Calorie counter, GPS mapping of Running, Cycling and Driving; keeping track of Water, Coffee and Tea intake; snapping photos of meals in one click. Argus turns your iPhone into a sophisticated health and fitness device as it monitors and manages your activities, food, workouts, sleep, hydration, weight and vitals, helping you make sense of numerous bio-feedback data points to reach your health goals and improve overall well-being. This is the King of fitness apps.
Android: Yes iPhone: Yes

Running



MapMyRun. MapMyRun tracks runners' exact paths as they cross the globe on foot. Plus the app records other features of a workout like speed, distance, pace, and calories burned. Users can share their achievements with comrades on social media. There are also versions for walking, hiking, biking, and triathlons.
Android: Yes iPhone: Yes



RunKeeper. This app tracks users' progress through any outdoor workout. The GPS lets users know where they're running, how fast they're going, and whether they've burned off that breakfast doughnut yet. It's even possible to design interval workouts based on time or distance. Record progress and share updates on social media. Other versions track activities like walking and cycling. Like a health coach in your pocket.
Android: Yes iPhone: Yes

Nutrition & Weight Loss



Fooducate. Fooducate turns smartphones into scanners: Pick a food product and scan the bar code to get all the details on the nutrients inside. Users can even compare different items to find the healthiest, tastiest, most affordable choice. Rates foods as A, B, C or D based on nutrients.
Android: Yes iPhone: Yes



ShopWell. ShopWell rates thousands of food products based on users' specific nutritional needs. Whip out the smartphone on the next supermarket visit to get a personal shopping list with the best options around.
Android: N/A iPhone: Yes



Lose It!. For those who like to lose it, this app's got it all. Set a daily calorie goal; then achieve it by tracking physical activity and intake of specific nutrients. Search for new recipes and exercises and sign up for progress reports. Then broadcast accomplishments on social media.
Android: Yes iPhone: Yes



CalorieCounter. End the calorie confusion with this app that lets users look up the caloric value of pretty much any food product. Enter the name

of the food manually, say it out loud, or scan the bar code. The app shows detailed nutritional information plus a grade for every food based on how healthful it really is.

Android: Yes iPhone: Yes

Medical



[HealthTap Express](#). Need to know whether that skin rash is poison ivy? Just enter the question on HealthTap Express and a doctor will respond ASAP. The service is available 24/7, so even when a fever strikes at 3 am, someone will be ready with information. Users can even find local doctors and check out their tips before an appointment.

Android: Yes iPhone: Yes



[MyQuitCoach](#). A pack (or ten) a day is one way *not* to keep the doctor away. This Livestrong.com app helps smokers quit, with options to stop the habit gradually or right away. Users get inspirational photos and tips and see their progress on personal charts. And a community of supporters is always available on Livestrong.com and social media.

Android: N/A iPhone: Yes



[ZocDoc](#). Scheduling a doctor's appointment shouldn't be a bigger hassle than making dinner reservations. Luckily, ZocDoc is here to help. Users can browse reviews of local doctors and book convenient appointments. Right now the service is only available in select cities throughout the USA.

Android: Yes iPhone: Yes

Boost Brainpower



[Brain Trainer](#). Quick! What's available on a smartphone, starts with a "b," and guarantees to boost your powers of cognition? The Brain Trainer app from [Lumosity](#), of course! Find tons of exercises that improve memory, enhance concentration, and increase creativity.

Android: Yes iPhone: Yes