

There's an App for That

Keeping these apps on your phone can help encourage you to maintain a healthy and active lifestyle.

Sleep Cycle:

Sleep tracker app that tracks your sleep cycles throughout the night via sound and movement analysis.

SworKit:

Workout app with more than 200 types of exercises with videos demonstrated by professional trainers.

MyFitnessPal:

Food intake tracker with a database of over 5 million foods.

Happify:

Science-based app designed to increase overall well-being and life satisfaction.

**Blue KC
A Healthier You:**

Provides easy access to the AHY program on-the-go. Visit the app store of your choice, install the app and click Register Now. Blue KC Member ID is required.

Lifesum:

Diet and food tracking app that offers personal diet plans, calorie counter and healthy recipes.



Sources: <https://www.active.com/fitness/articles/18-best-health-and-fitness-apps-of-2018/slide-5> and <https://www.healthdatamanagement.com/list/30-widely-used-consumer-health-and-fitness-apps>