Free Health & Wellness Apps

ASPIRUS
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App	Description / Availability
Pedometer++ 	Take advantage of the step counting capabilities in your iPhone to improve your health. Pedometer++ lets you easily keep track of your daily and weekly step counts, without any impact on your battery life.- **Available for iPhone**
Argus 	The pedometer function in Argus does more than count steps. It also measures the distance you travel, the approximate number of calories you burn and the total amount of time you are active each day. This active time can be displayed in a graph that shows you at what points during the day you were moving and at which points you sat still. – **Available for iPhone and Android**
MapMyFitness 	Uses GPS for tracking – tracks duration, distance, pace, speed, elevation, calories burned, and route traveled for running, biking, hiking, walking, and interval training – comprehensive workout history – log food – offers in app challenges – connects to devices - **Available for iPhone, Android, and Blackberry**
RunKeeper 	Uses GPS for tracking – tracks running, walking, cross country skiing, biking – tracks duration, length, calories burned, and more – limited personal training plans – **Available for iPhone and Android**
Endomondo 	Uses GPS for tracking – tracks walking, running, biking, or travel during physical activity – uses tracking info to help connect on social platforms inspiring friendly competition or digital boost of encouragement – set goals – **Available for iPhone, Android, Blackberry, Windows Phone, and SymbianOS**
CardioTrainer 	Uses GPS for tracking – pedometer – auto pause – tracks distance, time, pace and calories burned – real-time voice feedback – **Available for Android**
Moves 	Uses GPS for tracking – pedometer that records everything from steps taken to miles cycled – provided daily "storylines" – **Available for iPhone**
Pacer 	Pacer shows today's steps, approximate calories burned, active time and miles traveled. It also displays a graph of the day's activity, showing when each step was taken. – **Available for iPhone and Android**
Nike+ Running 	Uses GPS for outdoor tracking – tracks distance, pace, time, and calories burned – tracks indoor – training programs for different levels of runners for 5k, 10k, half marathon, and marathon - **Available for iPhone, and Android**
Charity Miles 	Tracks every mile you run, bike, or walk and donates money to a charity on your behalf – corporate sponsors provide the money donated (you pay nothing other than putting in the miles) – **Available for iPhone and Android**

* Many apps offer in-app purchases for additional features and allow you to interact on social media

Check out some reviews at http://greatist.com/fitness/best-health-fitness-apps and
http://www.livescience.com/49241-best-fitness-apps.html

Fitness Trackers

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Name	Price	Description
TomTom Runner Cardio 	$270	Designed for runners – has both a heart rate monitor and GPS capabilities – tracks distance, time, pace and speed – can wear while swimming – accompanying MySports app that can also send you text alerts to help you work toward goals.
Microsoft Band 	$200	Includes some smartphone features, such as ability to read email, and texts – has GPS capabilities – tracks heart rate, steps taken, calories burned, and quality of sleep – offers a guided workout feature – pairs with Microsoft Health app – not water proof
Adidas Fit Smart 	$150	Designed for people who are training for a race, or who want to stay in shape for a sport – app lets you create your own training schedule – device can coach you, alerting you when you should pick up the pace – includes heart rate monitor – does not track calories, steps, or sleep, and is not recommended for swimming.
Garmin Vivofit 	$130	Tracks steps, calories burned, distance walked, and hours slept – personalized fitness goals, which adjusts itself daily – device learns your habits and milestones – has an extra-long battery life – can wear while swimming – has an accompanying app.
Jawbone UP24 	$130	Measures heart rate, automatically log workouts, monitors sleep – water resistant but not water proof so you cannot swim with it– has an accompanying app – scan food barcodes using the app – does not have a screen
Withings Pulse O2 	$120	Tracks steps, elevation, distance, calories burned, heart rate (not intended to check heart rate during exercise), sleep, and measure blood oxygen levels – two ways to wear it - has an accompanying app – not waterproof.
The Polar Loop 	$105	Waterproof so can be used for swimming –syncs only with an iPhone app and computer software – measures basic sleep time, steps taken, activity time & levels, and calories burned (however, does not give details on sleep quality or let you input calories eaten).
Nike FuelBand SE 	$100	Tracks intensity of workouts, steps, & sleep – will sync with most smartphones – set reminders to move – has an accompanying app - water resistant but not waterproof so you cannot swim with it.
Fitbit One & Fitbit Flex 	$100	Tracks steps, hours of sleep and quality of sleep, distance, floors climbed, and calories burned – can connect with friends – has an alarm – sync with computer and smartphone– has an accompanying app – track calories – water resistant but not water proof so you cannot swim with it – the Fitbit One has a display screen, and the Fitbit Flex is a wristband.
Fitbit Zip 	$60	Tracks steps, distance, and calories burned – can connect with friends – sync with computer & smartphone – track calories – has a display screen– has an accompanying app.
Fitbug Orb 	$50	Tracks steps, distance, calories burned, and quality of sleep – receive email and notifications with tips – multiple ways to wear device – cannot swim with device - has an accompanying app.

* Price may vary

Check out some reviews at http://www.livescience.com/41556-best-fitness-trackers.html