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Linkto health app

Keep up to date with the latest daily buzz with the BuzzFeed Daily newsletter! Inti St ClairGetty Images Advertising – Continue reading below 1 MyFitnessPal MyFitnessPal is one of the best food tracking apps available. The food journal includes an easy-to-use database that provides nutritional information for millions of different foods, including restaurant meals. Users are able to set their personal goals and the app will take that and break down the amount of calories to take each day and how much water to drink. Whether your goal is to lose weight or gain muscle, MyFitnessPal provides a detailed view of what you eat. Not only are you getting a better understanding of the types of foods you put into your body, but there is a little responsibility to keep you committed to your goals. Turn on the reminder setting to be notified throughout the day and make sure you're following your tables. Users can also read the community forum for a little more encouragement. Available on iOS and Android 2 Headspace Health is more than what you eat or how often you hit the gym. Research shows that meditation can help reduce stress and improve overall happiness, and Headspace gives you a simple and fun way to do just that. The app lets you choose mini guided meditation sessions specific to your mood and lifestyle. The library is curated with a wide variety of programs designed to help you sleep, relieve anxiety, and manage stress. The duration of the session may vary, but users can de-stress even for just a few minutes at a time. Available on iOS and Android 3 Fitplan Are you interested in working with a personal trainer, but not willing to pay the price? Get the experience of having your own coach for a fraction of the cost with Fitplan. The app offers step-by-step video training sessions, ranging from 20 to 90 minutes, from professional coaches and athletes. Users can choose from dozens of programs designed by some of their favorites, such as A-Rod, Ryan Lochte and Rob Gronkowski. Choose your plan based on goals, would be weight loss, or coach. Available on iOS and Android. 4 SleepCycle Sleep plays a crucial role in good health throughout life. If you don't get enough sleep every night, your body will have a hard time healing and repairing your heart and blood vessels, balancing hormones, and maintaining blood sugar levels (among many other problems). And the best way to get a good night's rest is to understand why you weren't getting any in the first place. The sleep cycle tracks the quality of sleep as well as the heart rate of sleep. Throughout the night, the app monitors sleep, noting any interruptions, would be snoring or talking in your sleep. But its most unique feature is that it wakes you up during the lightest sleep phase in the morning, making you feel well rested and ready to tackle the day. Available here for iOS and Android. 5 Aaptiv Aaptiv offers 30 new classes each week, and more than 2,500 classes in general. They aim to provide users with experience a boutique fitness class from the comfort of your home, outdoors, or at the gym. The app plans your workouts based on your fitness level, workout preferences and the equipment you have access to. Users also have the ability to track their progress by keeping records of workout-related trends. Disciplines include stretching, running, strength training and yoga. Available on iOS and Android. 6 Charity Miles Give back and feeling like you're contributing to a bigger cause is good for your overall health. Charity Miles helps you motivate yourself to move while making an impact. The free app allows users to choose a charity to donate to. Using your phone's GPS, the app tracks the exercise, whether you're walking, running or cycling. For each mile completed, 10 cents will be donated to that charity, making the workout feel twice as effective. (The funds donated come from corporate sponsors.) Available here on iOS and Android. 7 Fooducate Fooducate makes it easier to eat a balanced and healthy diet. After suggesting the name of the app, its purpose is to teach you about the products you buy from the grocery store. Just scan over 250,000 barcodes to see a personalized nutrition degree, learn about the product's pros and cons, and choose the healthiest option. The purpose of the application is to teach users what food manufacturers don't always do by analyzing GMOs, additives, food dyes and more. Users can even connect with healthcare professionals and other users of the app for advice and support. Available here on iOS and Android. 8 8Fit You don't need an 8fit gym that creates customizable exercise programs and meal plans. This app is for those who want a complete lifestyle change and need support where to start. The app creates nutritional guidelines to follow and a training plan with more than 350 exercises without the necessary equipment. If you don't want a gym membership or if you're always on the go, these HIIT workouts will keep you in shape without taking too much of your time. Available here on iOS and Android. 9 Happify Stress has been linked to the six main causes of death: heart disease, cancer, lung disease, accidents, cirrhosis of the liver, and suicide. Happify relies on a huge body of mental health research to help users overcome stress and negative thoughts and build better emotional health and resilience. The app includes a variety of science-supported games and activities associated with guided meditation and relaxing audio that aim to emotions and mental health a quick boost. Creators say that daily use of the app should instruct you to think more positively. Download here for free. 10 HealthTap Instead of going back to Google when you have a strange pain or pain, ask your question to a database of real doctors using HealthTap. This application allows patients to take action by connecting them with a doctor to respond to any health-related query. Doctors will give you real and actionable advice to help you feel better without requiring a trip to the doctor's office. Users are also able to share and read personal stories from others before a consultation with a doctor in order to feel more at ease with health conditions and other information. Download here for free. This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content to piano.io There is no doubt that your smartphone can save you from a serious case of boredom - thank you, Fruit Ninja - but can it save your life? It's just maybe-if you take advantage of health apps out there that you have to not, according to a new survey. Researchers at the Pew Research Center recently revealed that only 10% of Americans with smartphones downloaded health-related apps. And although a health app cannot replace your doctor, it can positively affect your health, you just need to know how to use them. Here are eight health apps worth one download: 1. Emergency Medical Center Locator This app locates and contacts the nearest and best treatment centers during a medical emergency. Simply choose the care center - Burns, heart, eye, pediatric, stroke or trauma - tap the nearby Centers button, and the top care centers with the best results of patients appear in seconds. (Available for iPhone, free.) 2. GoodRx Need to pick up a recipe? Compare prescription drug prices at almost every pharmacy in the United States with GoodRx. You will also receive coupons and cost saving tips. (Available for iPhone, free). 3. iTriage Created by two ER doctors, iTriage helps you assess any worrying symptoms and get suggestions for the best, closest health care facilities. You can even get emergency room waiting time estimates. (Available for iPhone and Android, free.) 4. Wellframe recognized at this year's American College of Cardiology Scientific Conference in Chicago. Wellframe provides risk assessment of heart disease, preventive care alerts, and educational resources. You can also share information with your electronic document and print custom reports. (Available for iPhone and Android, free.) 5. Cook It Allergy Free Anyone with a Food Allergy knows there is nothing to take easy, and this app helps take some of the stress by offering gluten sans, dairy, nuts, and eggs. You can also design personal shopping lists and recipe folders that will make trips to the grocery store a breeze. (Available for iPhone, free.) (For more food resources at check out 5 Best Food Apps.) 6. Glucose Buddy This app allows diabetic users to monitor blood glucose levels, record when taking medications, and track their food intake and activity. (Available for iPhone, free). 7. Stress Doctor Remember Mood Rings? That's right, except for a little more technical. By placing your finger over your phone's camera, the app takes a heart rate measure to detect your stress level, and then trains you cool with some deep breathing. (Available for iPhone, free.) 8. UMSkinCheck Designed by researchers at the University of Michigan, this app allows you to use the iPhone camera to track suspicious moles, reminds you to perform self-exams, and offers preventive videos. (Available for iPhone, free.) More from Prevention.com: A Perfect Day of Apps This content is created and maintained by a third party and imported to this page to help users provide their email addresses. You may be able to find more information about this content and similar content at piano.io piano.io

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