

Rev Up Weight Loss with the Latest Tech Tools!

Dana White, MS, RD, LDN

Joseph Bonavota, MS, EP

Technology can assist patients in making many changes that can benefit their weight and overall health.

Here are a few of our favorite tech tools:

Nutrition Apps:

- **Calorie Tracking Apps**
 - MyFitnessPal *
 - Lose It! *
 - Sparkpeople®
 - Fat Secret
 - Fit Bit®
- **Healthy Cooking/Recipe Apps**
 - Spark Recipes® *
 - Yummly™ *
 - Epicurious
 - Gojee
 - Eating Well- Healthy in a Hurry
 - Simply Organic®
 - Whole Foods® recipes
- **Weight/anthropometric tracking**
 - Happy Scale
 - Fitter Fitness
 - My Diet Coach
 - Monitor Your Weight
- **Grocery decision making**
 - Shop Well™ *
 - Fooducate™ *
 - Chem Cuisine – CSPI
 - Dirty Dozen –EWG
 - Seafood Watch® – Monterey Bay Aquarium
 - Seasonal and Simple
- **Restaurant decision making**
 - Healthy Dining Finder (website) *
 - Healthy Out *
 - Food Tripping
 - Restaurant Nutrition

Exercise Technology:

- **Activity Trackers:**
 - Charge HR™ Fit bit® *
 - Jawbone® Body media®*
 - Samsung Gear Fit
 - Flex™ Fit bit®
 - Jawbone® Up24®
 - Garmin Vivo®
- **Pedometers**
 - Traditional
 - Smart phone apps
- **How to determine target heart rate**
 - Direct method
 - Karvonen method *
 - Stress test results
- **Intensities to train at**
 - Zone's 1-5
- **Heart Rate (HR) apps**
 - Azumio instant HR app *
 - Runtastic HR app
 - Heart Beat Rate Pro

* Stars denote most popular, favorites.

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