

February

Fitness & Exercise

Apps to Help You Stay Fit



Couch To 5k (C25K) is a free app that provides weekly workouts to get into running shape.

Sworkit allows you to select the type of workout and how much time you have to exercise, then shows you the moves to follow for your activity.



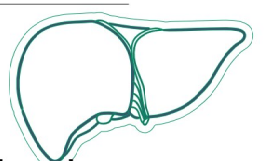
Spotify Running allows you to record your pace and chooses music that matches the beat.

MyFitnessPal has more than six million foods in its database to make it simple to track your diet, nutrition and workouts.



Spire not only tracks your steps and calories burned, but also helps bring mindfulness to the forefront by tracking breathing and providing mental exercises on your phone.

Fitness Apps for Your Liver



Liver Health Test App quickly and easily provides you with a liver health check.

Lab Value Reference Lite provides information about all things liver related such as enzymes, ALT and ammonia.



Doctor's Tip

Utilize step counters and lab trackers to bring health data to your doctor's appointments.
-Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>