

RESOLUTION ROUNDUP

Apps to Keep You On Track!

by B. Kay Sugg

As we start a fresh, new year, many of us have set resolutions to lose “pandemic pounds,” get in better shape, exercise more, or live a healthier lifestyle. It’s widely known that stating goals, planning how you will break down the effort on a daily or weekly basis, and then tracking your progress are keys to staying motivated and ultimately achieving them.

If you haven’t used web or phone apps for goal-setting and tracking, now is a great time to start. There are a wide range of apps available—free as well as subscription—that can help you stay motivated, track your progress, provide resources and tools, make suggestions, and more. In addition to tracking your own progress, there are also some great apps that enable you to challenge your friends, or join in with other groups to achieve your stated or group goals. Here are a few of our favorite free apps to check out!



FITNESS AND EXERCISE

Strava

[App Store](#) | [Google Play](#) | [strava.com](#)

Track every aspect of your walking, running or cycling fitness activities. From tracking distance, pace, speed, and more to capturing and mapping your routes and providing analysis and performance progress, Strava gives you deep insight into your progress toward your goals. Strava also has a full community you can interact with to stay motivated via its social network. If you choose, you can share photos, maps, routes, and comments with friends. Strava pairs with a wide range of smart watches, fitness trackers, and heart rate monitors.

Nike Training Club

[App Store](#) | [Google Play](#) | [nike.com/ntc-app](#)

Need some guidance? These multi-week programs include a prescribed series of workouts, nutrition tips, and wellness tips to help you build healthy habits and see results that last. Each program is led by a Nike Master Trainer and is designed to be flexible enough to fit into your busy life. There are a wide range of free workouts available, ranging from 5-60 minutes in length and which can be done at home, in the gym, or on the road no matter your fitness level. In addition, you can opt for body-part-focused workouts, time-based and rep-based options.

Jefit

[App Store](#) | [Google Play](#) | [jefit.com](#)

Manage and track your home or gym workouts in one place, and get feedback, tips, and support from their online community of 8.8 million members. Free plan includes a workout routine planner, training log tracker, 1,300+ exercise library, body stat tracking, access to online community, and more.

DIET & MEAL TRACKING

MyFitnessPal

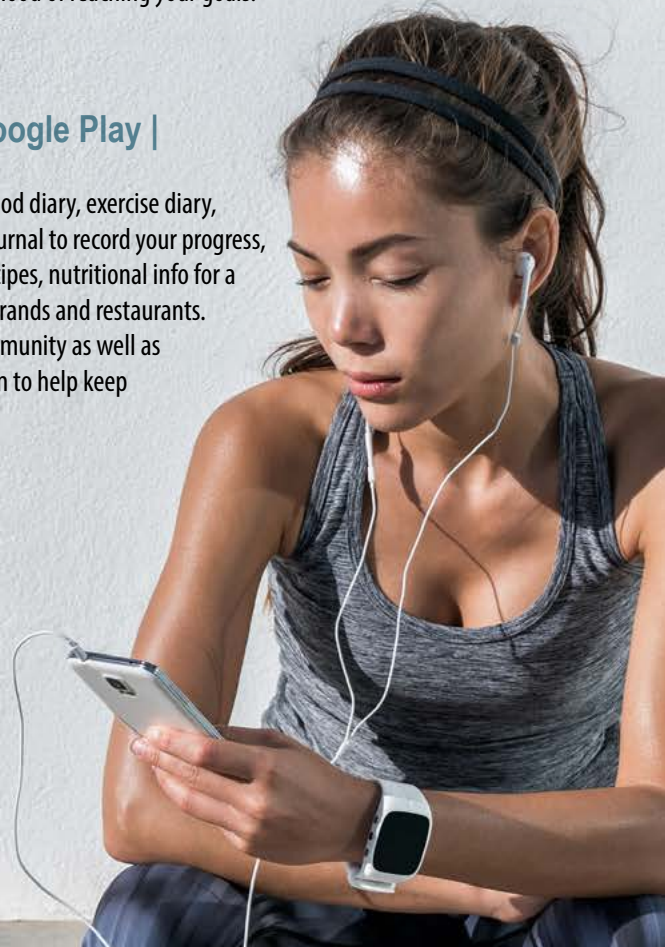
[App Store](#) | [Google Play](#) | [myfitnesspal.com](#)

Self-proclaimed as the world’s largest fitness community for advice, tips, and support, MyFitnessPal connects with over 50 apps and devices. Offering a food database with more than 11 million food types, you can import recipes, calculate calories in your food, meals, and recipes and keep detailed food diaries to understand your habits and increase the likelihood of reaching your goals.

FatSecret

[App Store](#) | [Google Play](#) | [fatsecret.com](#)

FatSecret provides a food diary, exercise diary, weight chart, and a journal to record your progress, along with healthy recipes, nutritional info for a wide range of foods, brands and restaurants. There is an online community as well as challenges you can join to help keep you on task!



HEALTHY LIFESTYLE

Sleep Cycle Sleep Tracker

[App Store](#) | [Google Play](#) | [sleepcycle.com](#)

Sleep Cycle says you'll sleep better and wake up more rested through the use of their free app. Sleep Cycle monitors your sleep patterns and offers detailed statistics and daily sleep graphs so you can get a better understanding of the quality of your sleep, or what may be interfering with it. The app also features an intelligent alarm clock designed to gently wake you up when you're in the lightest sleep phase. There is nothing to wear on your body or place under your pillow; Sleep Cycle simply needs to be on, and placed on your nightstand (or nearby). The app runs off sound analysis to identify your sleep states, using your microphone as a sleep recorder and tracking your movements in bed.

Aura: Meditation & Mindfulness

[App Store](#) | [Google Play](#) | [aurahealth.io](#)

Aura offers a solution to reducing stress and increasing positivity through 3-minute meditations, personalized by artificial intelligence (AI). Choose how you're feeling at any given time, and Aura will provide a meditation for you. Rate your experience, and Aura will learn about you to provide increasingly better sessions each time. The app offers mood tracking, unguided meditations with sounds of nature, daily goal setting, meditation personalization, and more in the free version. A premium subscription is also available.

Happify

[App Store](#) | [Google Play](#) | [happify.com](#)

How you feel matters and impacts many aspects of your life. Whether you're feeling sad, anxious, or stressed, Happify brings you effective, evidence-based tools and programs to help you take control of your feelings and thoughts. Use their engaging activities and games to stop negative thoughts, reduce stress and anxiety, build optimism and mindfulness, gain confidence and self-esteem.



Superfood Smoothie for the Win!

YOUTHFUL GLOW GREEN SMOOTHIE

INGREDIENTS

- 2 cups Kale or Power Greens Mix
- 2 cups Baby Spinach
- 2 cups Pure Apple Juice
- 1/2 Cucumber
- 1/2 Lemon squeezed (for extra benefits, use the juice from an entire lemon)
- 1 Banana
- Ice
- 1 teaspoon Fresh Ginger grated

INSTRUCTIONS

1. Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.
2. Frozen bananas work best in smoothies. Peel, slice in half, and place in a large Ziploc bag in the freezer overnight.
3. Add more spinach and kale to increase nutritional benefits.

*Recipe by Melissa Stadler.
Check out her blog for more great recipes at [modernhoney.com!](#)*

