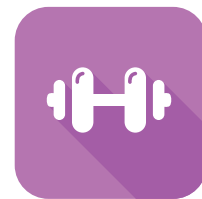




# Your Guide to Today's Best Health & Fitness Apps 2.0



Arthur J. Gallagher & Co.  
BUSINESS WITHOUT BARRIERS™



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# Tracking and Analytics



## MYFITNESSPAL

**What It Is:** When it comes to health and fitness tracking, MyFitnessPal is one of the biggest names in the game. With a database of more than two million food items, the platform makes it easy for users to keep track of calories and so much more. **Why It's Cool:** The platform can be used with all diets, whether you're going low-carb, high-protein, or just trying to eat healthier. **Cost:** Free



## EVEREST

**What It Is:** Whether you want to drop a few pounds, travel the world, learn a new language, or start saving more each month, the step-by-step tips and encouragement from other users will help inspire you to reach your personal "summit." Use the app to set reminders, organize smaller mini-goals, and connect with other people on the same path. **Why It's Cool:** Take photos, share comments on Facebook and Twitter, and interact with other Everest users. **Cost:** Free



## NIKE TRAINING CLUB

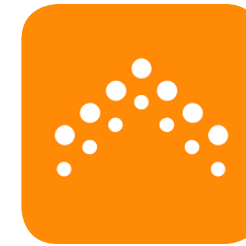
**What It Is:** Choose your fitness level and goal, and Nike Training Club picks from more than 100 workouts to get you on the fast track to fit without the pricey personal training sessions. **Why It's Cool:** Short on time? The app offers 15, 30 and 45-minute workouts featuring audio guidance and video demos from top Nike trainers and athletes. Bonus: Most workouts require minimal equipment. **Cost:** Free



## STRAVA

**What It Is:** Track bike rides and runs without lifting a finger. Strava lets users upload data from their iPhone, Android, or Garmin, and the app automatically logs workouts in its personal system. **Why It's Cool:** This hugely popular app makes it easy to track progress in biking or running, with the option to get a little competitive. Other fancy features include the ability to find the most popular routes in a new location and to record the age of gear and equipment to know when it's time to get some new stuff. **Cost:** Free

# Fitness and Strength



## PACT

**What It Is:** Skipping a workout is a lot harder with cold hard cash on the line. Pact lets users earn cash for living healthy, and get paid by members who don't. **Why It's Cool:** Set your exercise and healthy eating goals each week, manage how much money is on the line, check in to the gym, or track workouts via GPS. You can snap photos of your meal and verify others' photos, connect with Fitbit, Jawbone UP, or other partnering apps, and get notified of your earnings each week! **Cost:** Free



## CODY

**What It Is:** Cody is a fun way to log workouts and share them with friends. Users can track their fitness progress via timelines, stats, and highlights and can also receive encouragement and advice from "Cody," a virtual fitness coach. **Why It's Cool:** Cody offers the tools of most workout logs — tracking time, distance, location, and notes. But its real focus is on celebrating users' fitness through social sharing. Friends and acquaintances can follow each other's fitness progress and cheer each other on through likes, comments, and photo sharing. **Cost:** Free



## PUMPING WEIGHT

**What It Is:** Weight training can get complicated, but Pumping Weight hopes to make tracking workouts simple with an easy to follow, smooth interface. View your workouts in calendar mode to see the weekly sweat schedule, and record individual reps and sets with their intuitive tracking system. **Why It's Cool:** While Pumping Weight keeps things looking simple, the app gives users access to a goldmine of data on their progress. The app graphs strength gains over time and can remind you what muscle groups you've been neglecting. **Cost:** \$4.99



## TEEMO

**What It Is:** Who said working out had to be so much "work"? Certainly not the folks at Teemo. This app turns fitness into a game that doesn't require a gym, exercise equipment, or even running shoes. Invite Facebook friends to a "virtual challenge" in a specific environment, like a jungle, mountain, or desert. Participants win by doing expert-approved cardio, strength, and flexibility exercises which range from easy to difficult. Teemo makes exercising a social event and gets people to incorporate movement into their daily lives. **Why It's Cool:** It's like being inside a video game! **Cost:** Free



# Fitness and Strength



## JUICE

**What It Is:** Juice is a fun, easy-to-use energy and activity tracker that helps you connect the dots between your daily routine and your energy. Using your daily input, (which takes less than one minute) Juice provides you with relevant energy tips and resources from experts to help you be at your best every day. **Why It's Cool:** On top of having more energy, Juice provides you a weekly report that keeps track of your progress. **Cost:** Free



## GAIN FITNESS

**What It Is:** For people who want a personal trainer but can't afford it... there's an app for that. Based on fitness goals and personal preferences, GAIN Fitness will build a custom fitness plan culled from their network of professional trainers and athletes. A calendar keeps track of workouts completed and calories consumed. It's like having a trainer in your pocket! **Why It's Cool:** Confused about a certain move? Watch a video of the trainer or athlete performing the exercise. Feeling sluggish? A real person's voice is there encouraging you to keep working. **Cost:** Free



## STRONGLIFTS 5x5

**What It Is:** StrongLifts 5x5 is one of the most popular strength training programs out there. This app lets users record each and every workout and get on the path to becoming superhuman. **Why It's Cool:** For those already on the StrongLifts program — or looking to start — this is far and away the best option. Record, measure progress, and even track your body weight as you move through the specially-designed 5x5 program. **Cost:** Free



## DAILYBURN

**What It Is:** Fitness DVDs are so 2000. Stream a workout directly to your phone (or computer) anytime with the DailyBurn app. For \$10 per month, subscribers can access a carefully created library of professional quality fitness videos. A panel of expert trainers (specializing in different areas of fitness) keep you on your toes through each exercise session. **Why It's Cool:** From yoga to cardio kickboxing to dancing to kettle bells, this app has a workout video to suit any fitness preference and goal. The app includes videos for every level, from beginner to advanced. **Cost:** Free (with online subscription)

# Food and Nutrition



## FOODUCATE

This grocery-store navigator aims to help people better analyze food labels and get key information without unnecessary details. **Why It's Cool:** The app allows users to scan items right in the store and will highlight the product's positive and negative attributes. It grades each item based on its "healthiness," and will even offer up a healthier alternative if one is available. **Cost:** Free



## EAT LOCAL

**What It Is:** This simple app helps make eating like a locavore easier by telling users what's in season locally, where to find a nearby farmers market, and check out seasonal recipes. **Why It's Cool:** This app is great because it combines two super-useful features — a local produce locator and recipe suggestions — into one. Plus, it's perfect for finding healthy items when traveling in an unfamiliar location. **Cost:** Free



## EPICURIOUS

**What It Is:** Search through more than 30,000 professionally- created recipes, save your favorites, and create shopping lists with this essential kitchen app. **Why It's Cool:** On top of the basic recipes and shopping lists, the app offers step-by-step instructions to help even novice cooks navigate more complicated recipes. **Cost:** Free



## SHOPWELL

**What It Is:** Build a healthier grocery list with Shopwell, which ranks each item on your list with a number between 1 and 100 based on how healthy it is. **Why It's Cool:** The app aims to improve your eating (and buying habits) buy offering users "trade-ups" when they enter less healthy options. **Cost:** Free



# Food and Nutrition



## HARVEST

**What It Is:** From tips to picking the highest- quality items to minimizing exposure to pesticides to ideas on how to clean and store fruits and veggies, Harvest is the ultimate produce tool. **Why It's Cool:** With more than 120 fruits and vegetables in the database, information is easy to find, elegantly presented, and organized by food item alphabetically. **Cost:** \$1.99



## FOODILY

**What It Is:** A recipe database with a social twist, Foodily lets users collect recipes, talk about them with friends, and keep track of anything they love. **Why It's Cool:** Food's always better with friends, and that's what makes this social recipe network different. Anyone can browse for recipes, but this app allows you to save ones you love, show love for those that inspire, and share with friends, family & professional chefs. **Cost:** Free



## RESTAURANT NUTRITION

**What It Is:** This app is loaded with over 250 popular restaurants, and 60,000 food items. Use it to rate/review menu items, journal your food, and track calories, carbs, protein, fat and more accurately using this app. **Why It's Cool:** Use this app to do many things, from setting diet goals, finding the right menu for your before hand, find gluten free menus, and more. **Cost:** Free



## THRYVE

**What It Is:** This is the food tracker for people who hate counting calories and care more about how the food we eat makes us feel. **Why It's Cool:** Thryve is a stress- free approach to tracking meals and how your body reacts to those foods. Break down meals into individual ingredients, and a pie chart tells you visually what fraction of your meal was grains, veggies, dairy, fruit, etc. **Cost:** Free



## ZIPONGO

**What It Is:** Zipongo offers discounts for healthy items, contains a meal planning program, and a healthy reward system backed by employers and insurance companies that incentivizes better choices. **Why It's Cool:** Healthy food is more expensive? Too complicated to figure out? Not any more. Zipongo helps lower the cost and provide planning for healthier meals and better grocery lists. The rewards system helps loop in employers, so even your boss will care about your well-being. **Cost:** Free

# Running and Cardio



## CRUISE CONTROL

**What It Is:** Please don't stop the music. Cruise Control's an app that creates a music playlist that matches the user's cadence, target pace, or specific heartrate. **Why It's Cool:** This app literally scans your music library to choose songs that'll help you reach your respective goals. And imagine running and having every beat of the music synch up exactly with your foot strike. **Cost:** \$4.99



## MAPMYFITNESS

**What It Is:** Use your phone's built-in GPS to track every aspect of your activity including duration, distance, pace, speed, elevation, calories burned, and route traveled. **Why It's Cool:** Not only can users track their activities, but they can share their workouts on social media, connect with other users in the app, and analyze their data after hitting the showers. **Cost:** Free



## NIKE + RUNNING

**What It Is:** Track distance, pace, time, and calories burned — then share those stats with friends (or the whole Nike running club online). **Why It's Cool:** Users can get cheers in their headphones each time a friend "likes" or comments on their status. The app also helps users earn "Nike Fuel," Nike's latest metric for measuring progress and performance across all Nike+ devices. **Cost:** Free



## COUCH TO 5K

**What It Is:** Made for beginning runners, this app requires just 30 minutes a day, three days a week for eight weeks. An interactive coach motivates, as users log each session and share workouts with the support community. **Why It's Cool:** It's easy: this app is cool because it'll have you comfortably running a 5k in less than three months with step by step workouts. **Cost:** \$1.99



## RUNKEEPER

**What It Is:** Whether running, walking, or cross- country skiing, RunKeeper can track the duration, length, calories burned, and more of your favorite outdoor fitness activity. **Why It's Cool:** Not only can users track their activities, but they can share their workouts on social media, connect with other users in the app, and analyze their data after hitting the showers. **Cost:** Free

# Intervals and Circuit



## SWORKIT

**What It Is:** Leave your circuit-training routine up to SworKit, an app that provides both customized and randomized circuit workouts for various muscle groups and lengths of time. **Why It's Cool:** Users choose either strength training routines or yoga and stretching sequences. Detailed illustrations of each exercise help ensure proper form. People can also track their progress and set weekly goals. **Cost:** \$0.99



## TABATA TRAINER

**What It Is:** Got four minutes? Then download this interval training app with pre-set and custom tabata training workouts. **Why It's Cool:** Not only is Tabata Trainer super sleek — it also has an extensive library of tabata workouts varying in difficulty, automatically logs your previous workouts, and lets users share their achievements on social media. **Cost:** \$1.99



## BIT TIMER

**What It Is:** Named “the simplest interval timer ever,” Bit Timer is a timer that allows users to easily plug in the amount of rest, work, and repeats for their workout. **Why It's Cool:** Sometimes less is more, and with this super sleek and sexy app, Bit Timer leaves out the frills and gives people a super easy, clean way to time intervals. **Cost:** \$0.99

# Yoga and Flexibility



## OFFICE YOGA

**What It Is:** This fun little app is a cubicle-friendly guide to zen out the workplace. **Why It's Cool:** Need a yoga break without putting on stretchy pants? With super-simple and relevant instruction, Office Yoga is a perfect resource for cubicle-bound yogis who need a zen break before checking their email. (Seriously, aside from seriously stellar desk stretches, Office Yoga also offers an email meditation to clear the mind before tackling the inbox). **Cost:** \$0.99



## YOGA STUDIO

**What It Is:** Yoga Studio is a custom sequencing app that allows users to build their own yoga classes from their phones complete with video and images for proper form on every pose. **Why It's Cool:** Yoga Studio also lets users use their own music in their designed sequences (no more elevator music!), synch classes into their calendars, and customize how much instruction needed from the teacher (move over Chatty Cathy...). **Cost:** \$2.99



## POCKET YOGA

**What It Is:** This app is a massively popular class-streaming tool that lets users take their practice — and some guided help — wherever they go. **Why It's Cool:** Though similar to other “home studio” yoga apps, Pocket Yoga offers a few different, game-changing features. For starters, it's compatible with Apple TV for easy home-streaming, offers a full English-to-Sanskrit dictionary, and lets users customize the backgrounds and environments of their yoga teacher avatars. But wait! There's more! That's right kids, Pocket Yoga doesn't require an Internet connection, so it can be accessed anytime, anywhere the yoga inspiration strikes. **Cost:** \$2.99

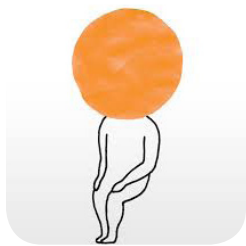


# Relaxation and Meditation



## KNOW YOURSELF

**What It Is:** This test evaluates different aspects of psychological thinking in four opposite pairs, or dichotomies, with a resulting 16 possible psychological types. **Why It's Cool:** With this test you will discover your basic qualities, a description of your character, the professional careers you would be good at according to your type, a list of famous people that share your characteristics, relationships with other personality tests, and statistical data. **Cost:** Free



## HEADSPACE

**What It Is:** Meditation made relevant to you. This app contains bite-sized techniques to help you sleep better, focus more and get some relief from a busy mind. This app has the ability to download Meditations for offline use—which is helpful if you're going away and want to avoid roaming charges. **Why It's Cool:** This app includes a meditation timer with intro and outro voicing, free access to Take 10-10 daily, unique guided meditation, and more. It also allows you to track your progress, day-by-day with the Headspace Dashboard. **Cost:** Free



## RED STAMP

**What It Is:** Email, text, tweet, post to facebook and instagram, and mail personalized paper photo card, notes, invitations and announcements right from your phone. **Why It's Cool:** Snap a photo and share the gratitude of great gifts as they are being opened. Give your host instant gratification on a well-thrown party as you head out their door. Mail fresh, modern, expertly designed invitations, announcements and cards to your list of 1 or 1,000 in mere minutes. With just a couple clicks, Red Stamp will print a high-end, eco-friendly paper postcard OR luxe paper card with color envelope and mail it directly to your list of recipients, postage included **Cost:** Free. Additional (low cost) charge to mail postcards and paper cards.



## RELAX LITE

**What It Is:** The pace of life and change can be overwhelming. We all need to slow down sometimes to relax and unwind, yet after a hectic day at work, it may seem impossible. Relax Lite is the perfect way to de-stress. **Why It's Cool:** The vast majority of people have never had any relaxation training and therefore find it difficult to switch off and be still. To truly de-stress and fully relax is vital for your health and well being. Your stress can affect not only you but also the loved ones around you. This app guides you toward learning the basics of true relaxation, which helps control pain, insomnia, PTSD, and many other stress symptoms. **Cost:** Free

# Relaxation and Meditation



**What It Is:** This app is a mobile journaling tool. Every day, it asks users to write down at least five things they're grateful for. There's also an option to add photos and ratings and even track the weather. At the end of one month, see if your attitude hasn't improved. **Why It's Cool:** Gratitude is all the rage these days. Supposedly, the more thankful we are for the positive things in our lives, the happier we'll feel. This awesomely simple app makes it easy to see if that's true without lugging around a giant journal everywhere we go. **Cost:** \$0.99



## SLEEP CYCLE

**What It Is:** Waking up is hard enough, but this app makes it a little less traumatic by analyzing users' sleep patterns and rousing them when they're in the lightest phase of sleep. Plus users get to go through troves of data showing how well (or poorly) they slept during the night. **Why It's Cool:** Most sleep-tracking devices are pretty pricey and involve some fancy headgear. But Sleep Cycle's just about the app. Users place their smartphone's in their beds and the app senses what phase of sleep they're in based on how much or little they're moving. **Cost:** \$0.99



## CALM

**What It Is:** True to its name, Calm is designed to reduce stress and bring a little more calm into users' lives. The app offers a seven-step program designed to give users the tools they need to become calmer, in addition to seven guided relaxation sessions (ranging from two to 30 minutes) and 10 beautiful nature scenes from which users can choose a calming background for their phone. **Why It's Cool:** The guided relaxation sessions allow users to bring some zen into their life at any time throughout the day, and the two-minute option pretty much eliminates all excuses not to chill out. **Cost:** Free



## EQUANIMITY

**What It Is:** Provides users with tools to time their sittings, journal post-meditation thoughts and observations, and track their meditation schedules via several useful graphs. **Why It's Cool:** Easy tracking tools allow users to monitor their meditation schedule and quickly notice when they're slipping out of a routine — which makes it that much easier to get back into one. The simple design helps users maintain their zen post-meditation. There are no wild graphics or unnecessary bells and whistles—well, except for the chimes (which users can set to go off during or at the end of a meditation session), but those are pretty cool too. **Cost:** \$4.99

# Relaxation and Meditation



## BUDDHIFY 2

**What It Is:** The mindfulness app for your modern life. This app increases your wellbeing by teaching you mindfulness on the go. **Why It's Cool:** With dozens of custom meditations for 14 different parts of your day including traveling, being online, taking a work break, and going to sleep, this app gives you a simple but effective way to bring more mindfulness and calm to your busy day. **Cost:** 2.99



## BREATHE2RELAX

**What It Is:** A portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help Users learn the stress management skill called diaphragmatic breathing. **Why It's Cool:** Breathing exercises have been documented to decrease the body's fight-or-flight' stress response and help with mood stabilization, anger control, and anxiety management. **Cost:** Free



## SIMPLY BEING

**What It Is:** Meditate easily with this elegantly simple App. Enjoy the deep relaxation, stress relief, and benefits of meditation without prior experience. The **Why It's Cool:** The Meditation Oasis® Simply Being app allows you to choose from 4 meditation times and gives you the option to listen to the guided meditation with or without music or nature sounds. You can also listen to the music or nature sounds alone. In addition, you can choose how long to listen to the music or nature sounds after the voice guidance finishes. **Cost:** \$0.99



## AT EASE

**What It Is:** At Ease has a unique approach to relieving anxiety and worry by combining voice- guided breathing meditations, mental exercises and journaling. **Why It's Cool:** At Ease is intended to make deep and lasting change rather than applying a temporary "band aid". Most people will experience immediate relief using the guided breathing meditations but the long term benefits of At Ease will come from using the app regularly over time. **Cost:** 2.99

# Mind and Brain



## LUMOSITY

**What It Is:** Developed by a team of neuroscientists, it features games that enhance memory, attention, and creativity. **Why It's Cool:** Just by inputting stats like age and gender, users get personalized brain-training plans that target different areas of cognitive function. Then they can track how close they are to Einstein status with the Brain Performance Index. The app even lets users see how their sleep and mood affect their brainpower. **Cost:** Free



## iCOUCH CBT

**What It Is:** Here's a tool to help you cope with stressful situations, without having to trek all the way to a therapist's office. The app draws on strategies from the school of Cognitive Behavioral Therapy, an approach that focuses on shifting our thought patterns to be more positive. **Why It's Cool:** This app is easy to use: All we have to do is input what happened and how it made us feel, and the app guides us through a process of thinking about how we could have reacted differently. The techniques users learn from using the app can supposedly help relieve anxiety, depression, and anger in the long term. **Cost:** \$3.99



## KHAN ACADEMY

**What It Is:** Khan Academy features hundreds of video classes on every subject imaginable with a light, easy tone and helpful visual aids. It even has a platform to help teachers bring the Academy's resources into the classroom. **Why It's Cool:** The App puts all lessons in your hand with options to download specific videos and track your learning progress. Brain health is an important part of overall health and Khan Academy is paving a trail. **Cost:** Free



## EXPEREAL

**What It Is:** The idea behind Expereal is to track your mood and see how it changes over time. The app sends reminders for users to rate how they're feeling on a scale of 1 to 10 and creates a graph showing the progression of their mood over the course of time. **Why It's Cool:** Since humans are notoriously poor judges of how they felt just yesterday, this app is designed to give an accurate representation of our emotional state over time. There's an option to add text and pictures to every rating, so users can track patterns in what makes them feel swell, and what brings on a sour mood. **Cost:** Free



# Social Good and Innovation



## VOLUNTEERMATCH

**What It Is:** VolunteerMatch brings the power of a giant online volunteer search engine straight to users' iPhones. The app allows users to search, review, and sign up for volunteer opportunities, bookmark cool service projects for later, and share volunteer activities with friends and family.

**Why It's Cool:** Users simply type in their location, choose from a variety of interests, select the dates they're available to volunteer, and sign up.

**Cost:** Free



## INSTEAD

**What It Is:** Instead is a self-described "micro-donation app" that provides non-profits with the opportunity to create sustainable giving campaigns. Instead encourages people to live within or below their means so they have money left over to donate to the charity of their choice. **Why It's Cool:** The app makes giving easy for people everywhere. Users who do sign up for accounts benefit from tax-deductible records, quicker use for future donations, and the ability to favorite star non-profits. **Cost:** Free



## CHARITY MILES

**What It Is:** Charity Miles is an app that tracks every mile you run, bike, or walk, and donates the results to charity on your behalf. Thanks to corporate sponsors, users don't have to open their wallet, they just need to get moving. **Why It's Cool:** The app has partnered with big-name companies and causes to donate money on behalf of its users.

**Cost:** Free

# Weight Management



## LOSE IT!

**What It Is:** Want to drop some pounds? Lose It! users get a customized weight loss plan and then use the app to track food, measure activity levels, and connect with peers for group support to reach their goals.

**Why It's Cool:** Lose It! can sync up with most of the popular fitness tracking devices and wireless scales on the market. It also has a large food database for easy reference. **Cost:** Free



## WEIGHT WATCHERS

**What It Is:** This app puts the entire Weight Watchers experience in your hand including calorie and activity trackers, meal and recipes ideas, personal analytics, and more. **Why It's Cool:** Provides a nice balance of personal data with actionable tips that make better choices easier and also meaningful. There is also a companion app that can scan barcodes to provide health information on the go. **Cost:** Free



## LIFT

**What It Is:** Everyone has their own health and fitness ambitions. Lift lets users track the goals most important to them. Want to stay accountable for walking 30 minutes a day, meditating, or getting in some greens? Lift has you covered. **Why It's Cool:** Lift can compile a personalized report to let you know your progress on each and every goal. **Cost:** Free



## WITHINGS

**What It Is:** Withings draws on the basics to monitor wellness. The clear display helps users monitor weekly progress toward long-term goals. Withings also helps keep track of other stats, such as blood pressure and sleep, via other apps like RunKeeper, Bodymedia, and Zeo. **Why It's Cool:** The "Health Mate" sends funny, supporting messages to pump users up to exercise. The display shows a butterfly with four quadrants (weight, activity, heart, and sleep) that grows and shrinks depending on how healthy users are at that moment. **Cost:** Free

# Overall Wellbeing



## WELLNESSFX

**What It Is:** WellnessFX is supposed to be a platform for developing, maintaining, and sharing personal health goals. It's like a vitamin shop and doctor's office all rolled into one: Users can research different vitamins and supplements, track which one's they're using, and then let other people know how those supplement programs are going. **Why It's Cool:** The app is designed for users already using Wellness FX services to track their health and wellness, as well as new users. It's perfect for anyone who wants to see if they're meeting the RDA for certain nutrients and keep track of other related aspects of health, like sleep and physical activity. **Cost:** Free



## SPROUT

**What It Is:** Sprout is a perfect app for woman during pregnancy. It delivers the personal pregnancy experience, and right to your pocket! This app provides helpful information about you and your baby. **Why It's Cool:** View stunning color images and 3D models, track your weight, use the app's kick counter, and contraction timer. Another awesome feature is the "Personal My Baby and Doctor Says" sections, which help you remember and keep note of what is discussed during doctor visits. **Cost:** 3.99



## KAHNOODLE

**What It Is:** Kahoodle is the couples app that makes it fun and easy to keep your relationship awesome. As seen in Forbes, Time, Cosmo, The Washington Post and more, this app provides couples with a range of fun and helpful things. **Why It's Cool:** Get tips and reminders for special things to do to keep your partner happy, discover fresh, affordable date ideas available in your city, create love coupons, send messages when dealing with long distance, create a wish list for places and things to do together and so much more. **Cost:** Free



## THE MOM APP

**What It Is:** The Mom App provides moms with the tools they need to manage their busy schedules. This app combines the best of class apps all in one, and not just any apps but the ones moms need. **Why It's Cool:** **Cost:** Free

# Career



## LINKEDIN

**What It Is:** Opportunity is always within reach with the LinkedIn app for iPhone and iPad. Build your personal brand, network to create meaningful connections, and engage with professional content – right from your LinkedIn app. **Why It's Cool:** Stay up to date with connections in your network, search for and follow people, jobs, companies and groups. Follow your influencers to get exclusive insights from industry leaders, and update your profile from within the app. Better yet, you can view save, and apply to recommended jobs using your mobile device. **Cost:** Free



## TED

**What It Is:** Riveting talks by remarkable people, free to the world-The TED app presents talks from some of the worlds most fascinating people: education Radicals, tech geniuses, medical mavericks, business gurus, and music legends. **Why It's Cool:** Find more than 1,700 TEDTalk videos (with more added each week). The entire library is at your fingertips to browse at any time, even when you're not online. Watch TEDTalks with subtitles in over 90 languages directly on your device. **Cost:** Free



## EVERNOTE

**What It Is:** An easy-to use, free app that helps you remember everything across all of the devices you use. Stay organized, save your ideas and improve your productivity. **Why It's Cool:** Evernote lets you take notes, snap photos, create to-do lists, scan business cards, record voice reminders—and it makes everything searchable whether you're at home, work or on the go. **Cost:** Free

# Financial



## MINT.COM

**What It Is:** Mint.com allows you to track, budget and manage your money all in one place, so you can see where you're spending and where you can save. **Why It's Cool:** Open an account, add your bank, credit, loan, and retirement accounts and Mint will automatically pull in and categorize your transactions. It's safe, secure, and easy to keep your personal finances organized. **Cost:** Free



## LEARNVEST

**What It Is:** Make progress on your money; get step-by-step guidance from an expert, track your spending and saving, set goals and work toward them, securely link your accounts and add cash transactions on the go—all from your phone. **Why It's Cool:** After beautifying your budget, you can schedule a free call with a LearnVest Expert to get dedicated help achieving your goals. This audio program is intended to help you build confidence as take control, and achieve your financial goals **Cost:** Free



## MANILLA

**What It Is:** Manilla is a digital filing cabinet for your bills that keeps track of due dates and statements for accounts ranging from credit cards to your Netflix subscription. You can even create custom accounts for things that you might not be able to link to online, like your rent or dog-walking services **Why It's Cool:** Document storage so you can look up your old statements. You can forget about keeping paper copies for your records and just access them via the app. **Cost:** Free

# Emotional



## Depression Check

**What It Is:** This is a state of the art, research validated screen that in 3 minutes assesses your risk of depression, bipolar and anxiety disorders (including PTSD.) **Why It's Cool:** After completing the short checklist you receive a personalized confidential report sharing how much burden these symptoms may be causing you. Please reach out to a professional should you feel a need for help. **Cost:** Free



## Unique Daily Affirmations

**What It Is:** Unique Daily Affirmations Free is a creative affirmation tool that helps you succeed in your endeavors, bring you out from under the clouds, and make positive changes in your life. Through uplifting statements and quotes, you'll believe in yourself with these one-a-day affirmations. **Why It's Cool:** Hold down the green button to reveal your daily affirmation and effectively use the app by repeating the statement out loud. It has been scientifically proven that the more stimuli your mind has, the more your mind will retain the information. **Cost:** Free