

a healthy conversation

Technology can help you keep your New Year's Resolution

Download these apps to stay on track this year

From Wellmark Blue Cross and Blue Shield

With the beginning of 2015, thousands of Americans are getting started on their New Year's resolutions. Although resolutions are a popular tradition for many, according to the University of Scranton's Journal of Clinical Psychology, only 8 percent of Americans keep them.

A number of these resolutions are health related. In fact, losing weight is the most common New Year's resolution, while staying healthy and quitting smoking come in at No. 5 and No. 7 respectively. It can be difficult to keep many of these resolutions, but there are millions of apps available for download that are perfect for helping you stay on track. Below is a list of apps you can download at little or no cost that might prove helpful in keeping your resolutions, whatever they may be.

Better Exercise Habits

Nike Training Club – Free – Apple App Store and Google Play

This app lets you select a goal and creates several workout options based on that goal. Each workout comes with instructional photos and videos.

GymPact – Free – Apple App Store and Google Play

The GymPact app gives monetary punishment and rewards for attending the gym. Users submit credit card information

and pledge to attend the gym a certain number of times each week. Users check in with their phones every time they work out, and each missed session incurs a fine, which helps fund the rewards for those who do make their goals.

Healthier Eating

My Fitness Pal – Free – Apple App Store, Google Play and Windows

With extensive analytic and tracking features, and a database of nearly 4 million foods and exercises, this app allows users to easily note calorie intake and calories burned.

Fooducate – \$3.99 for Plus version – Apple App Store and Google Play

Fooducate allows the user to scan barcodes at the super market for a "nutrition grade." With a database of more than 200,000 packaged foods and a system created by dieticians and scientists, this app makes shopping for healthy food easy.

SparkRecipes – Free – Apple App Store and Google Play

This recipe app features more than 450,000 user-submitted recipes. Recipes can be searched by ratings, cuisine, course prep-time and dietary needs like vegan, gluten-free or low carb. Each recipe includes detailed nutritional information.

Quit Smoking

LIVESTRONG MyQuit Coach – Free – Apple App Store

With options to quit immediately or to quit gradually, this physician-approved app creates personalized plans for users to quit smoking.

Monitoring Liquid Calories

DrinkControl – \$4.99 – Apple App Store and Google Play

By tracking alcohol intake, spending and calories consumed from alcohol, and showing statistics and charts based on your alcohol consumption, this app uses moderate drinking guidelines to keep you on track.

Manage your Health Plan

myWellmark – Free – Apple App Store, Google Play and Windows

This app allows users to keep all of the health information they need in one place. You can access your Wellmark claims and coverage details, locate doctors, dentists, and facilities in your plan's network through the app, or call a nurse 24/7. Download the app at <http://www.wellmark.com/gomobile/>.

These are just a few of the apps available to help you keep your New Year's resolution. Remember, your overall health depends on keeping a healthy lifestyle throughout the year. For more tips, visit Wellmark on social media and at www.wellmark.com.

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