

Webinar 11 Handout:

SOME FAVORITE APPS, WEBSITES & TOOLS

Life in the 21st century couldn't be any faster. Here's a quick list of some great apps, websites, and resources for your health and wellness business. New technology is popping up everywhere, so make sure you keep one eye open for the latest and greatest!

Apps For Clients

- Fooducate
 - looks beyond the calories and helps you eat healthy and real food
- Ingredient1
 - find products tailored to dietary needs, preferences, and allergies
- HealthyOut
 - find and order healthy options at restaurants in your area for delivery and takeout
- Pocket Dietitian
 - dietary info from RDs based on health conditions
- Zipongo
 - you choose your meal then this app helps you create grocery list with discounts
- Avocado
 - private and secure chat to keep couples connected
- Mind/Body Connect
 - find and schedule different exercise classes
- RainyMood
 - sounds to help you relax
- White Noise
 - ambient sounds to help you relax
- Happier
 - social gratitude journal
- Headspace
 - meditation and mindfulness techniques
- Aura
 - daily personalized 3 minute meditation
- Worry Box
 - planner and checklist to help you move into a new home

- Charity Miles
 - earn money for a charity of your choice per mile of exercise
- Daily Burn
 - different workout videos
- Daily Arm Workout Free
 - 5 to 10 minute daily arm, chest, and shoulder workout
- Bootcamp
 - bootcamp exercises
- Interval Timer
 - specify overall time, program, hi/lo intensity intervals, and rest time between sets
- Nike+ Training
 - catalog of workouts developed by Nike trainers
- iPhone Health App
 - health and activity tracker
- Lumosity
 - improve memory, attention, cognitive abilities
- Pocket First Aid and CPR
 - teaches general CPR and first aid
- Symple
 - symptom tracker and health diary to monitor your feelings, health and wellbeing
- Myfitnesspal
 - food tracking with clients
- Sworkit
 - offers customized video workouts demonstrated by personal trainers
- Waterlogged
 - water intake daily tracker
- Aaptiv
 - workouts with the instructions of a personal trainer
- Fitbit
 - tracker for all-day activity, workouts, and health
- Daily Water Free
 - track the quantity of water that you drink and be reminded if you need more
- You Food
 - track food and exercise with visual journal- think instagram for food
- Lose it!
 - set calorie budget, track your food and exercise

Business

- Wunderlist, Asana, Todoist, Trello, Zoho, Podio, Mavenlink, Clarizen, Wrike, Casual
 - shared to-do lists, calendars, project management and collaboration
- Evernote, SimpleNote
 - digital note-taking that syncs across devices
- Slack, Bitrix, HipChat, Pic, Fuze
 - team communication
- Paypal, Venmo, Stripe, Square
 - payment processors, credit card purchases
- Infusionsoft, Ontraport, Salesforce, Marketo, Hubspot, SharpSpring
 - robust CRM and email marketing programs
- Mailchimp, Aweber, Campaign Monitor, ActiveCampaign, MadMimi
 - email marketing programs
- Wordpress, Squarespace, Wix, Weebly, Rainmaker
 - website builders
- Hootsuite, Iconosquare, Tweetdeck, Bitly, Buffer, SocialOomph, SocialFlow
 - social media management
- Shake, DocSend
 - document tracking
- Fiverr, Upwork, 99designs, Freelancer
 - outsourcing
- Food Processor, Nutritionist Pro
 - nutrition information database to help assess client's diet and fitness needs
- Mindbody
 - online booking, points of sale, and scheduling

Publications

- Berkeley Wellness
- Center for Science in the Public Interest: Nutrition Action Healthletter
- Harvard Health Publications: Harvard Health Letter
- Harvard Health Publications: Harvard Women's Health Watch
- Tufts Nutrition Newsletter

Reputable Organizations

- Academy of Nutrition and Dietetics -- <http://www.eatright.org/>
- American College of Lifestyle Medicine -- <http://www.lifestylemedicine.org/>
- American Heart Association -- <http://www.heart.org/HEARTORG/>
- American Institute for Cancer Research -- <http://www.aicr.org/>
- Centers for Disease Control and Prevention -- <http://www.cdc.gov/>
- Gatorade Sports Science Information -- <http://www.gssiweb.org/>
- Mayo Clinic -- <http://www.mayoclinic.org/>
- National Academy of Sports Medicine -- <https://www.nasm.org/>
- National Institute for Health -- <http://www.nih.gov/>

Websites

- Dr Weil -- <http://www.drweil.com/>
- Environmental Working Group -- <http://www.ewg.org/>
- Kid's Health -- <http://kidshealth.org/>
- Linus Pauling Institute -- <http://lpi.oregonstate.edu/>
- Medlineplus -- <http://www.nlm.nih.gov/medlineplus/>
- NCCAM -- <http://nccam.nih.gov/>
- Nutrition Action -- <http://www.nutritionaction.com/>
- Nutrition gov-- <http://www.nutrition.gov/>
- Pubmed -- <http://www.ncbi.nlm.nih.gov/pubmed/>
- Science Daily -- <http://www.sciencedaily.com/>
- USDA Tracker -- <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>
- University of Maryland Medical Center -- <http://umm.edu/>
- USDA Nutrient Database -- <http://ndb.nal.usda.gov/>
- Webmd -- <http://www.webmd.com/>
- World's Healthiest Foods -- <http://www.whfoods.com/>