

Health & Fitness Applications

Americans have undergone a recent wave of health and fitness changes. Concerns over the recent obesity epidemic, along with new discoveries in health research, have allowed for drastic changes in American lifestyles. Parallelling these changes would be the increase in technology and its applications. Technology innovations are the most profound in terms of health and fitness apps and smartwear.

There are numerous apps that have the ability to log sleep cycles, mood, exercise, and diet. One of the most helpful apps that I have used would be the MyFitnessPal app. On this app, users are able to set goals, whether it be to lose, gain, or maintain weight, and the caloric intake necessary for their age and proportions will be calculated. Custom reminders are also available to remind its users to log all foods and exercise for the day. Macros for each meal and daily amounts are also available, as well as a blog-like forum for those within the app. Though predominantly accurate, the biggest drawback is the way users add in their food items. Unless users are able to scan the codes on their foods, it is very difficult to log food items quickly and accurately. Since very few restaurants have verified their food items on the app, users must often hope that this is the accurate nutrition facts for their food items. MyFitnessPal allowed me to be more aware of what I was consuming and better manage my dietary needs and habits.

MyFitnessPal is not only available as a website and app for phones, but is compatible with Apple Watches. The Apple Watch itself is a technological advance that many dreamed of in science fiction movies and television shows before its time. Apple Watches track heart rate throughout the day and are able to alert you when it is abnormal. Their most notable feature is the Activity function that is able to track daily moving, standing, and exercising goals. The

largest drawback would be that not all movement is properly calculated, discrediting some users. If this was corrected, users would more than likely use this feature more. My Apple Watch Activity app has allowed me to accomplish daily short term goals, which keeps me active with my busy lifestyle.

Both of these apps have had a long term impact in my life for the better. I feel that a combination of the two has educated me on health and fitness in ways I was unaware I lacked. I wholeheartedly believe that long term use could lead to long term results.