

Don't just burn minutes – burn calories

Mobile phones have become such an important part of our lives. From emailing to social network engagement, mobile phones have invaded our everyday lives. With the hectic pace of the practice, a lawyer has many obstacles that make it difficult to remain physically active. It is no surprise that mobile phone technology has come to the rescue and offers busy professionals a variety of tools to make engaging in exercise easy and fun. This article highlights five of the best, free mobile phone apps geared toward overall physical fitness. Let's get moving!

1. Fooducate

"Fooducate" is a healthy diet app offered on both the iPhone and Android-based mobile phones. This app allows shoppers to make healthier choices when purchasing food. The app is simple to use and extremely helpful for the health-conscious consumer. The Fooducate app contains a barcode scanning function. This allows you to scan the barcode of a food item with your mobile phone prior to purchase. Once scanned, you are provided with a detailed health summary, and the food item is issued a nutritional grade. Calorie, sugar and vitamin information is also provided, allowing you to make an informed decision before purchasing a food item. This app

is great and takes the guesswork out of reading nutritional labels.

2. Daily Cardio Workout

"Daily Cardio Workout" is a mobile app designed to provide interesting, quick ways to engage in cardiovascular training. This app is offered



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on both the iPhone and Android phones. Once downloaded, you have access to a variety of cardiovascular workouts that include, but are not limited to, plie squat hops, knee ups, jumping jacks and jump rope. The workouts range from five to 10 minutes in duration. You are also provided a video demonstration of each exercise by a certified personal trainer along with an exercise timer. The video demonstrations and short but intense exercise programs make this app a "must have" for busy lawyers who find it difficult to fit exercise into their busy schedules.

3. Lose It!

"Lose It!" is a weight loss app that allows you to set a daily calorie budget and exercise goals. This app is offered for both the iPhone and Android-based devices. You start by entering your body weight and weight-loss goal into the mobile device. The app then provides you the daily calorie intake needed to reach your weight-loss goal over time. You are also provided with the actual date you will achieve your weight-loss goal if the Lose It! program is followed. A calorie and exercise tracker is provided to ensure you achieve daily benchmarks. You will also have access to a searchable food database and barcode scanning function that allows you to determine the total calories of various foods consumed to help you meet your daily dietary goal. The app comes complete with

motivational tools and a monthly progress chart to keep you motivated on your way to weight loss.

4. MapMyRUN

Offered for both the iPhone and Android phones, "MapMyRUN" is rated one of the best health & fitness apps on the market. This app allows you to track your time, distance, activity route, speed and calories in real time while engaging in physical activity. This app features a GPS function that turns what would be a normal run or walk into an interactive adventure. It also gives you access to a network of people just like you who are trying to reach fitness goals. You can post your achievements and running routes on the MapMyRUN Facebook page. With your newfound fitness network, access to activity routes anywhere in the world are at your fingertips.

5. Health Tip of the Day

"Health Tip of the Day" is an iOS app that offers daily tips on how to live life just a little bit healthier. These tips are sent directly to either your iPhone or iPad in the form of a "daily alarm." Your mobile device will remind you when there is a new tip available. All daily health tips are provided to you by a board-certified nutritionist. With more than 230 days of daily tips and counting, this app provides you with your own personal "health guru" to assist you on the road to a healthier lifestyle.

In sum, mobile devices have changed the way we view health and engage in physical activity. These little devices have had a huge impact on our ability to lead a healthy lifestyle. So, put your mobile device to work. Don't just burn minutes with your mobile phone – burn calories! 🏃‍♂️



Michael E. Tolbert
Hoepfner Wagner
& Evans LLP
Merrillville, Ind.
mtolbert@hwelaw.com