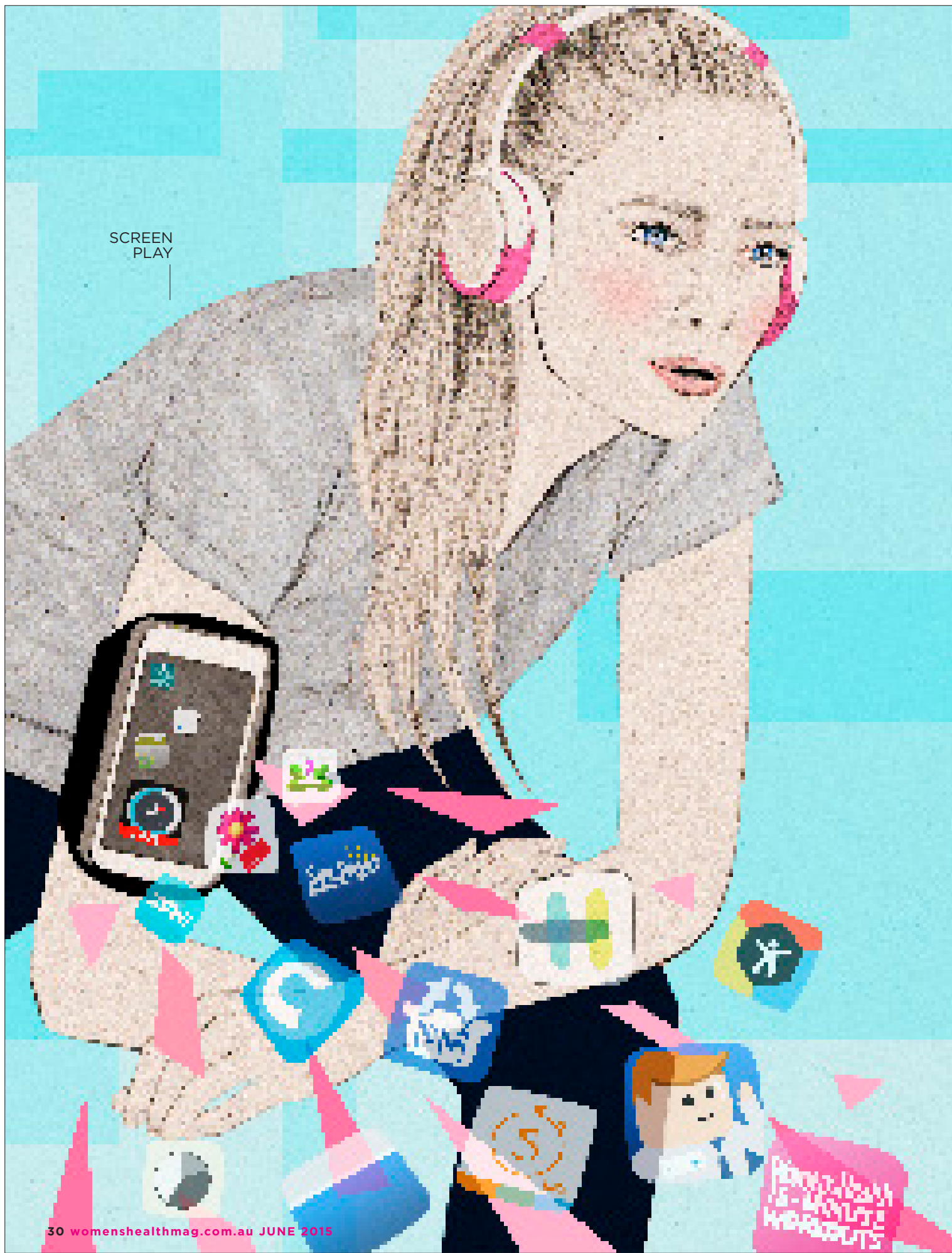


SCREEN  
PLAY



# healthy dose

EXPERT INFO FOR A HEALTHIER YOU

ILLUSTRATIONS BY KELLY THOMPSON

## Apps the experts swear by

There are more than 100,000 (yes, really) that promise to transform your body - but do they work? *WH* rounds up the ones that deliver

BY MELISSA SHEDDEN

1



### ARGUS

**COST** Free

#### THE LOWDOWN

Pedometer on steroids: it counts steps and kilojoules; maps and monitors your run, cycle or walk; tracks caffeine and water intake, weight and vitals, plus lets you snap pics of your meals.

#### RECOMMENDED BY

*WH* weight loss expert Tara Diversi: "If you could take this swimming too, it would replace all your expensive motivation-boosting gadgets. The pic option also helps visually track portion sizes."

2



### YOGASTUDIO

**COST** \$3.99

#### THE LOWDOWN

Play, create, customise and schedule (non-lame) HD yoga classes plus library of poses with detailed instructions.

#### RECOMMENDED BY

*WH* yoga expert Claudine Lafond: "An excellent portable tool for yoga newbies or seasoned practitioners looking to refine their practice in a short time."

3



### ZOVA

**COST** Free to download (subscription \$16.99)

#### THE LOWDOWN

300-plus high-energy workouts that pace your performance, designed specifically for women. Filter by time, weather and location.

#### RECOMMENDED BY

Exercise physiologist Amanda Bisk: "Adds variety to your exercise and stretch routine as up-beat rhythm and vocals guide you through the right technique."

4



### WH 15-MINUTE WORKOUTS

**COST** Free

#### THE LOWDOWN

A study in the *European Journal of Applied Physiology* found that 15 minutes of resistance training was just as effective at boosting participants' metabolism as 35 minutes. Cue quarter-hour total body and targeted workouts.

#### RECOMMENDED BY

Accredited practising dietitian Jenna Obeid: "Like your own PT (in your lounge room or local park), it has a range of cardio, bodyweight and yoga workouts, to reduce chronic disease risks."

5



### SWORKIT LITE

**COST** Free

#### THE LOWDOWN

Like an iPod for circuit training, you can create customised 'playlists' – different lengths and focus areas – with intervals and rest periods.

#### RECOMMENDED BY

PT and pilates instructor Emma Willox: "Great if you are getting back into your fitness or want a solo session minus the brain strain."

6



### FOODSWITCH

**COST** Free

**THE LOWDOWN** Scan an Aussie packaged food label and this app will tell you if it's a healthy choice – or if there are better ones on the shelf.

**RECOMMENDED BY** Bupa's Dr Rob Grenfell: "A nutritionist in your pocket, the app can be filtered if you're looking for gluten-free, low fat, low kilojoules, low sugar or low salt."

7



### INSTANT HEART RATE

**COST** Free

#### THE LOWDOWN

Why fumble about taking your pulse when you can use your phone's camera to detect tiny blood flow changes in your finger? Bonus: use it to check your resting heart rate.

#### RECOMMENDED BY

WH emotions expert Dr Alice Boyes: "Slow breathing helps reduce anxiety, lowering your heart rate, so see (in real time) if your inhale-exhales are working."

8



### FITJOURNEY

**COST** Free (some paid features)

#### THE LOWDOWN

Because jumping onto the scales every day messes with your head, this tracker monitors your measurements and photos from a non-weight perspective.

#### RECOMMENDED BY

Celebrity PT Cameron Byrnes: "Accountability breeds success. Update your info weekly and see if your training and healthy eating plan is changing your body shape."

9



### GROWCOACH

**COST** \$2.49

#### THE LOWDOWN

Your own pro goal monitor and coach. GROW stands for Goal, Reality, Options and Way-forward.

#### RECOMMENDED BY

WH stress less expert Dr Suzy Green: "Research shows evidence-based coaching can be used to support you in reaching your life, health and work goals."

10



### COACH.ME

**COST** Free (some paid features)

**THE LOWDOWN** Whether you want to remember to take your daily supps or bounce back from injury, this app will set a strategy for your goal, with daily reminders and (paid) access to a pro coach in whatever area you're working on.

**RECOMMENDED BY** WH integrative medicine expert Dr Karen Coates: "Research confirms that being part of a positive community supports healthy and long-term changes."

Don't download!

## APP-ALLING SLEEP MONITORS

DISAPPROVED OF BY SLEEP HEALTH FOUNDATION SENIOR RESEARCHER, DR SIOBHAN BANKS

**EXPERT VERDICT** "THESE MONITORS MIGHT GIVE YOU FALSE REASSURANCE OR, WORSE STILL, MORE ANXIETY ABOUT NOT GETTING 'ENOUGH' THAT CAN LEAD TO YET MORE TROUBLES FOR THE 1.2 MILLION AUSTRALIANS WITH A SLEEP DISORDER."

Don't download!  
**APP-ALLING**  
**KILOJOULE COUNTERS**

DISAPPROVED OF BY *WH* HEALTH  
 EXPERT DR GINNI MANSBERG

**EXPERT VERDICT** "I WOULD NEVER RECOMMEND ANYONE COUNT KILOJOULES; IT'S BORDERING ON AN EATING DISORDER. IF WEIGHT LOSS IS YOUR GOAL, YOU CAN BE HAPPIER AND HEALTHIER THROUGH SUSTAINABLE BALANCED EATING."

11



**HYDRATED**

**COST** \$2.49

**THE LOWDOWN**

Dry mouth, irritable, listless? That'll (probs) be dehydration. Set water-drinking targets for each day and receive prompts even when the app isn't open.

**RECOMMENDED BY** *WH* nutrition expert Kristen Beck:

"When you're busy it's easy to forget to rehydrate – which causes everything from poor concentration to tiredness."

12



**KISS & MAKEUP**

**COST** Free

**THE LOWDOWN**

*KISS* (Know the Important Signs and Symptoms) and *Makeup* runs through the subtle signs of ovarian cancer (the lowest survival rate of any women's cancer). Plus, it doubles as a symptom diary and has tutorials from celebrity make-up artist Allison Boyle.

**RECOMMENDED BY**

Ovarian cancer expert Dr Kathy Nielsen: "Early diagnosis is our best defence so be aware of red flags (to report to your GP) and monitor any changes over time."

13



**PERIOD TRACKER LITE**

**COST** Free

**THE LOWDOWN**

Keeping track of your cycle (by pressing a button at the start of your period each month), can help you identify gynaecology issues, give you a 'now fertile' heads up and predict when your next period is due.

**RECOMMENDED BY**

Reproductive and sexual health expert Dr Deborah Bateson: "Trying for a baby? Track your period symptoms and best chances of conceiving. But it's not a method of contraception."



14

**HEALTHENGINE**

**COST** Free

**THE LOWDOWN** Search your area for available doctor and dentist appointments and book instantly, sans dodgy doctor's surgery hold music.

**RECOMMENDED BY** GP Dr Marcus Tan:

"Perfect for when you start feeling sick late at night or on the weekend and know you need to see a medical professional, pronto."

16



**EQUANIMITY**

**COST** \$6.49

**THE LOWDOWN**

Set your meditation minutes and get zen alerts (via gentle chimes) when your mind wanders (must not think about @menandcoffee). You can also diarise your sittings and keep journal notes.

**RECOMMENDED BY**

Clinical psychologist and meditation teacher Dr Paula Watkins: "Meditation is critical to optimal health and wellbeing, particularly in today's time-pressured world. This app helps build greater self-awareness."

17



**SUNSMART**

**COST** Free

**THE LOWDOWN**

Australia has one of the highest rates of skin cancer in the world and this app is like your mum in your pocket – reminding you to reapply your sunscreen at high-risk times, based on your location.

**RECOMMENDED BY** *WH* beauty expert Dr Liz Dawes-Higgs:

"A handy tool for learning how to protect your skin from ultraviolet radiation and ultimately skin cancers and wrinkles." *WH*

15



**LENSPAL**

**COST** Free

**THE LOWDOWN** Shady ocular habits? Guilty. Avoid complications with video tutorials on how to insert and remove your contact lenses (properly), plus set handy re-ordering reminders so you'll never go blind again.

**RECOMMENDED BY** Clearly optical dispenser Stefan Mayer: "Avoids lens overwear, leading to eye irritation and infection risks."