

Go Digital, Go Healthy Q&A



Q: Which mobile apps do you recommend for managing stress?

A: I know of two popular stress relief apps: Headspace and Calm.

Q: I don't have a smartphone, but would like to track my eating and fitness on a website. Which do you recommend?

A: MyFitnessPal has both a smart phone app and a website. You can use either the app or website to track your nutrition and physical activity.

Q: I was thinking about tracking my steps digitally. How do I do that? What goal should I shoot for?

A: You can purchase a very inexpensive pedometer or you can use a free pedometer app on your smartphone. Runkeeper or Map My Run might work well for you too. But, slowly working up to 10,000 steps per day is a good long term goal. That is the equivalent of roughly 5 miles. To reach 10,000 in one day, most people have to go for a short planned walk in addition to the usual walking that they do already throughout their day.