



## Steps to Health: Download your way to good health

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From finding the number of calories in that jumbo burrito to calculating how much treadmill time you'd have to log to burn them, iPhone apps can help you out in your quest to lose weight or get fit. Here are a few good ones:

**iPump FitnessBuilder** (\$19.99). Okay, this one might be a little pricy, but it's cheaper than a personal trainer. You'll have access to a vast library of more than 400 workouts with pictures, video and audio coaching. You can create a custom workout and track your reps and sets. iPump also offers a free app if you want to check out a sample workout.