



Better health? There's an app for that

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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 in your quest to lose weight or get fit. Here are a few good ones:

Nutrition Menu (\$2.99). This calorie counter contains nutritional information for more than 80,000 items, including more than 40,000 restaurant dishes. Record your meals and figure out how much fat, sodium, etc. you've consumed in a day, then store it all in a journal.

Eight Glasses a Day (free). Monitor how much water you drink daily and discover the benefits of staying hydrated.

iPump FitnessBuilder (\$19.99). This one might be a little pricy, but it's cheaper than a personal trainer. You'll have access to a library of more than 400 workouts with photos, 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 see a sample workout.