

February

# Fitness & Exercise

## Apps to Help You Stay Fit



**Couch To 5k (C25K)** is a free app that provides weekly workouts to get into running shape.

**SworKit** allows you to select the type of workout and how much time you have to exercise, then shows you the moves to follow for your activity.



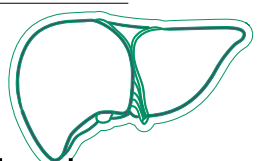
**Spotify Running** allows you to record your pace and chooses music that matches the beat.

**MyFitnessPal** has more than six million foods in its database to make it simple to track your diet, nutrition and workouts.



**Spire** not only tracks your steps and calories burned, but also helps bring mindfulness to the forefront by tracking breathing and providing mental exercises on your phone.

### Fitness Apps for Your Liver



**Liver Health Test App** quickly and easily provides you with a liver health check.

**Lab Value Reference Lite** provides information about all things liver related such as enzymes, ALT and ammonia.



### Doctor's Tip

Utilize step counters and lab trackers to bring health data to your doctor's appointments.  
-Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>