

Be Smart about Your Health



Track your healthy habits using apps

The average adult takes as many as 21 days to form a new habit. And then you need to find the motivation to stick with it! There are hundreds of user-friendly mobile applications (apps) to help you reach your healthy lifestyle goals. Apps can help you plan, track your success and stay motivated. Use your good judgement when selecting the best apps to help you reach your healthy lifestyle goals. Here are some criteria to help you choose:

- Cost: Many are free! Just because an app costs more doesn't mean that it's better.
- Terms and Conditions: Read all disclaimers and policy statements before downloading.
- Rating: Take the time to read consumer reviews.
- Credibility: Look for apps that are not focused on selling a particular product.

Here are some examples to help you establish and maintain a healthy lifestyle.

Be active

Staying physically active is a great way to maintain a healthy lifestyle. Plan your activity breaks, your walking and cycling routes and track your stats by checking out these apps.

WellnessAtWork

elab.athabascau.ca

Spend a lot of time working on a computer? This award-winning app, available on iTunes, reminds you to take a health break through breathing and stretching exercises.

- Personalize your reminders to be active at work or when working on your home computer.
- Watch videos that show simple stretching and breathing exercises.

Ontario Trails Council

ontariotrails.on.ca

This mobile friendly site is the best way to find trails nearest you for walking, hiking, cycling, skiing and more!

- Browse over 2,000 trails for outdoor activities.
- Search for trails closest to you by city, name or activity.
- Read trails information including description, features, photos and directions.

Eat healthy

Establishing healthy eating habits is another way to improve your overall health. Monitor your eating habits and find new recipes by visiting these sites and using these apps.

Half Your Plate

halfyourplate.ca

This site makes it easier and tastier to eat healthy!

- Find useful storage and preparation tips for your favourite fruits and veggies.
- Download healthy, flavourful recipes.
- Get the latest recipes, fresh ideas and smart shopping tips delivered right to your inbox.



eaTipster

eatipster.com

This free iPhone app from Dietitians of Canada serves up a new healthy eating tip every day.

- Each tip is fortified with extra details backed by research.
- Add tips to your favourites to digest later.
- Share tips on Facebook, Twitter, e-mail and text.
- Set reminders to receive new daily tips to suit your routine.

Sodium 101

sodium101.ca/iphone-app

The Canadian Stroke Network's Sodium101 iPhone app helps you take control of how much sodium you consume.

- Track your sodium intake based on your age group.
- Compare and track sodium content in takeout food.
- Enter and track sodium in packaged foods.

Moderate your drinking

Saying When

camheducation.ca/new-media/apps/saying-when

Saying When, developed by CAMH, provides step-by-step directions that can help make you successful in your efforts to reduce your alcohol consumption.

- Get help and keep your concerns about your drinking private.
- Take charge of how much you drink, or when you drink.

Quit smoking

The average adult takes as many as 30 days to quit smoking, and the hardest part is doing it alone. Now you don't have to! Use these apps to become smoke free.

Break It Off

breakitoff.ca

Dump smoking wherever, whenever. Break it off helps you through those moments of weakness, so you can get over your smoking relationship once and for all.



- Overcome your cravings.
- Track your break-up process (e.g., see how long you've gone without a cigarette).
- Get real-time break-up stats – see how much money you've saved, how many cigarettes you've dumped and how many smoking urges you've resisted.
- Share your achievements with family and friends.
- Chat with a Smokers' Helpline quit coach – get advice when you have cravings. It's free, confidential and up to you if you want to talk again.

Crush the Crave

crushthecrave.ca

This free and easy to use smartphone app helps you stop smoking and start living a healthy life. Whether you're quitting smoking cold turkey or committing to a customized quit plan, Crush the Crave can help keep you on track.

- Monitor your habits: Keep track of your smoking habits to help with your quit goals.
- Share with friends: Get motivated by friends as you share your results and achievements.
- Distract your cravings: Music, videos, Facebook and more tools will help distract you from your cravings.

Know your risks

Cancer Prevention & Screening

mycanceriq.ca

Designed by Cancer Care Ontario (CCO), the My CancerIQ website helps you understand your risk for cancer and what you can do to help lower that risk.

- Learn what factors help keep your risk of cancer down and what factors increase your risk.
- Understand what you can do to manage or reduce your risk and whether you should be screened for particular types of cancer.
- Provides motivation to make changes in the areas of nutrition, exercise, salt, stress, alcohol, and smoking.
- Suggests simple and practical daily challenges based on your personal risk factors.
- Provides reminders, positive reinforcement and social support to help you sustain your new healthy lifestyle.

ImmunizeCA App

immunize.ca/en/app.aspx

The Canadian Public Health Association (CPHA), Immunize Canada and the Ottawa Hospital Research Institute (OHRI) collaborated to develop a free app for smart phones and other mobile devices to help you keep track of your vaccinations.

- Easily record and store vaccine information.
- Access vaccination schedules.
- Manage vaccination appointments for the entire family.
- Access evidence-based and expert-reviewed information about recommended and routine vaccinations for children, adults and travellers.
- Receive alerts about disease outbreaks in your area.

Putting it all together

<30 Days Challenge

heartandstroke.com

The Heart and Stroke Foundation's <30 Days Challenge mobile iPhone app provides you with information and support to reduce your risk of heart disease and stroke. It guides you to break bad habits and adopt a healthier lifestyle in 30 days or less.

For more information, dial 311 or visit Halton.ca/health.

Disclaimer: It is your responsibility to ensure that Halton policies governing allowable use and access to technology on corporate assets are adhered to and respected. Confirm these acceptable use guidelines and any restrictions before downloading these apps to corporate technology.

