Program Your Health

Let cool apps transform your phone into a cutting-edge fitness tool.

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Getting healthy can be as easy as reaching for your cell phone. Turn yours into a tool for health with these helpful applications. For starters, try GE's Morsel. Each day, this tiny taskmaster sends you one easy-to-do challenge, such as "Don't put extra salt on anything you eat today." And for weight loss support, use Livestrong's Calorie Tracker to note calories, meals and workouts.

But that's not all. Now you can access your medical records too. MedeMobile from Medefile allows subscribers to download all their health information into one comprehensive medical file, accessible 24 hours a day.

And there's something for moms-to-be too. Text4baby, from the National Healthy Mothers, Healthy Babies Coalition, offers pregnant women one text-message tip each day for the first six days of the service and three tips during their pregnancy. New moms get three messages each week until their child's first birthday. Tips cover topics such as how to help tots sleep through the night, and the advice is available in Spanish too.

Finally, refresh and restart with Mayo Clinic's de-stressing Meditation app. It uses musical chords and visuals of concentric circles to teach breathing exercises and help clear your mind.

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