

## 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 the hardest part is finding the motivation to stick with it, especially in today's time crunched culture. Now there are hundreds of user-friendly mobile applications (apps) that you can use as a tool to help you reach your healthy lifestyle goals.

Apps can be a helpful tool for planning, tracking your success, staying motivated, and connecting socially.

Many apps are free, low cost or offered in lite versions. So, when you find an app you want to try, download it on your personal mobile device and get started. If you change your mind, you can always delete the app from your smartphone or tablet and choose another.

## Making Smart Choices

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:** It is wise to read all disclaimers and policy statements made by an app provider before downloading the app.

**Rating:** Take the time to see other consumer reviews on the app.

**Credibility:** For trustworthy information, look for apps that are not focused on selling a particular product.

The following apps are examples that help you establish and maintain a healthy lifestyle in the areas of personal eating, physical activity levels and quit smoking attempts. This list is not intended to be comprehensive or exhaustive.

## Quitting 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

[www.breakitoff.ca](http://www.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.

**BREK IT OFF**



### Crush the Crave

[www.crushthecrave.ca](http://www.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 helps 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 to help distract you from your cravings.

Currently Crush the Crave is only available on Android Phone but an app for iPhone is coming soon!

