

BE FIT 2 LEARN

"Physical Activity is cognitive candy!" - Medina, 2008



YES, it's TRUE - There's an App for EVERYTHING:~!! This newsletter is dedicated to the BEST apps that we have found for Physical Activity; whether it be Physical Education, Health or both. You are NOT going to be disappointed!!

FIND AN APP TO HELP YOU WITH FITNESS!

With all the amazing apps out there, and nearly 85% of all Americans owning a smartphone of some sort, there really is NO excuse for not getting 60 minutes of Physical Activity each and every day. If you can't afford a membership to a gym, buy an app:
Foodcuate - This app allows you to scan items at the grocery store or at home and gives it a grade compared to other items!
Nike Training - Your own personal trainer at your finger tips! FREE:~!!

Meal Snap - take a picture of anything that you are eating and Meal Snap will calculate the calories involved. Track your meals this way without have to have a specific product name.

Map My Run - Find a route for a specific run that you are in need of, or track your own runs for mileage purposes. Gone are the days when you have to go drive your car to see how far your run was.

ClassBreak - Need a little break for your brain? Use this app for a short activity or brain teaser to refocus and redirect your class for a few minutes.

Websites for Apps:

1. The 63 Best Health and Fitness Apps: <http://greatist.com/health/best-health-fitness-apps-2012>
2. Edudemic: <http://edudemic.com/2012/02/1000-apps/>
3. App Storm: <http://iphone.appstorm.net/roundups/100-incredibly-useful-free-ipad-apps/>
4. APPititic: <http://adeapps.appititic.com/>
5. TCEA: <http://www.tcea.org/ipad>
6. MOVE 2!: <http://hollyinniger.blogspot.com/>

