



# How to Download Your FREE Apps!

## iPhone



- 1 Click on the **App Store** button on your phone.
- 2 Click on the **search** button.
- 3 Type in the **name of the app**.
- 4 Scroll through list of apps and click on **desired app**.
- 5 Click on the **free button** at the top of the app.
- 6 The application will download to your phone.

## ANDROID



- 1 From the Home screen, touch the **Market Icon**.
- 2 **Search** for desired application.
- 3 Touch the **application** that you want to download.
- 4 Touch **Install**. The application is now downloaded to your device.

**Tip:** You can also search for apps by pressing the magnifying glass.

## BlackBerry



- 1 Press the **Blackberry** button then scroll to and click on **Blackberry App World**.
- 2 Click on the **file folder icon** at the bottom of the App World home screen.
- 3 Scroll down until **Health & Wellness** is highlighted then click on it.
- 4 Select either **Fitness** or **Health & Diet**. Upon selection, scroll through the list of Applications until the desired Application is highlighted. Click on that **Application**.
- 5 The option to **Download** will be highlighted. Click on that.
- 6 After completing **Download and Installation** the application will either be in the Downloads folder on your applications page or will be last in the list of application icons.



**FREE**  
**Downloads**  
*to Upgrade*  
**YOUR**  
**Health!**

# iPhone

- Calorie Counter & Diet Tracker
- Lose It! - Fit Now
- WebMD Mobile
- My Net Diary
- Daily Ab Workout
- RunKeeper Free
- Body Fitness Exercise Journal
- Pedometer
- Nike + iPod



# DROID

- Calorie Counter
- DroidFit
- Instant Heart Rate
- Epicurious
- Endomondo Sports Tracker
- Cardio Trainer
- Move Your Bot
- Google health



# BlackBerry

- Calorie Counter
- Endomondo Sports Tracker
- Total Fitness for Blackberry 1
- vClinic Mobile Health
- My Personal Health Record
- Good Food Near You
- Meal Logger
- Diet & Calorie Tracker (Spark People)



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*working for you*