



ESTES VALLEY
LIBRARY

Computer & Technology Class

Tech Makes Health and Wellbeing Easier

In this class we'll learn about websites and apps for:

- Free Workouts
- Researching Health Care Concerns
- Healthy Mind & Emotions
- Healthy Eating
- Tracking Your Activities & Gadgets to Wear

Free Workouts

Fitness Blender

www.fitnessblender.com



“High quality, full length workout videos for every fitness level. Absolutely free.”

Create a free account to build your own workout calendar, track progress, get daily workout programs, meal plans & grocery lists, and 8-week programs.

Do Yoga With Me

www.doyogawithme.com



DoYogaWithMe.Com

“Yoga online for all levels. Hundreds of streaming videos absolutely free of charge.”

Exercises for Seniors

www.seniorexercisesonline.com

Free 5-minute exercise videos for people over 60.
“Watch videos for strength, flexibility, posture, and more.”



Research Health Care Concerns

Mayo Clinic

www.mayoclinic.org

Go to the Patient Care & Health Info tab to search for information on symptoms, diseases & conditions, test & procedures, drugs & supplements.



Healthy Mind & Emotions

Stop, Breathe & Think

www.app.stopbreathethink.org

Stop, Breathe & Think App for Apple iOS and Android

“A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.”

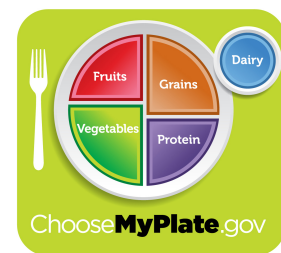


Healthy Eating

Choose My Plate

www.choosemyplate.gov

Daily food plans, healthy eating on a budget, recipes, build your own cookbook, nutrition tips, and weight management.



Track Your Activities

MapMyHike, MapMyWalk, MapMyRun, MapMyRide

www.mapmyhike.com



Apps for iPhone and Android Phone

Use the websites to map out your route before or after your activity.
Use the apps to track your route on your phone as you go.

Google Fit

App for Android Phone

“Effortlessly track your activity. Just carry your phone and get access to your walking, running, and cycling activity.”



Health

App for iPhone

“An easy-to-read dashboard of your health and fitness data.”
Track activities, nutrition, sleep, vitals, weight, and vitals.
Enter Medical ID like allergies and health conditions in case of emergency.



Gadgets to Wear

Traditional Pedometer

Starts at \$5 - \$25. No websites or apps. Just wear it and track your steps and distance walked.

Fitbit

www.fitbit.com

Starts at \$59. Use with free app for iPhone, Android Phone, and Windows Phone.

Android Wear

www.android.com/wear

Starts at \$149. Use with free app for Android Phone and Tablet

Apple Watch

www.apple.com/watch

Starts at \$349. Use with free app for iPhone.