



## Here are the Best 7 Free Apps to Help You Lose Weight:

**1. Lose It! (FitNow).** Lose It! helps users keep a daily calorie “budget,” track their food choices and exercise minutes, and provides motivation to inspire smart choices. Users can use the Lose It! database to log their food intake and understand how their choices are affecting their weight loss goal.

**2. Nexercise (Nexercise).** The Nexercise app is designed to make physical fitness more fun through an interactive format where users can interact with friends, overcome challenges, and earn rewards.

**3. Weight Watchers Mobile (Weight Watchers International).** The Weight Watchers Mobile app gives users the ability to keep track of points and food choices as part of the Weight Watchers 360 program anytime, anywhere.



**4. My Fitness Pal (MyFitnessPal.com).** My Fitness Pal allows users to keep track of what they eat using a database of more than 2 million foods. The app also allows users to keep track of exercise and be part of a supportive community.

**5. HealthyOut – Free Restaurant Nutrition Guide (HealthyOut).** The HealthyOut App gives offers users the option to search for healthy dishes at local restaurants, especially in larger cities like NYC.

**6. Fooducate (Fooducate, Ltd.).** The Fooducate app gives extensive info on your favorite grocery store foods, allowing you to shop smarter.

**7. Diet and Weight Loss Tracker by Calorie Count (About, Inc.).** This calorie counting app allows users the unique option of logging by voice and offers a 100% editorially curated food database.