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**10 Apps Top Trainers Swear By**

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"This is great because it's way more than a calorie tracker. You can scan a product's barcode and it'll give you a 'nutritional grade' for that item. If your selected item scores low, it gives you healthier alternatives. It's a great learning tool; you naturally start to become more aware of making healthier choices versus just restricting calories."

—Mike Donovanik

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Courtesy of Apple

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By Lucy Maher

Feel like you need a translator to make sense of the App Library? We removed the guesswork by asking trainers for their favorites in the health and fitness category so you don't have to play detective.

KEYWORDS: [FITNESS APPS](#), [SMARTPHONES](#), [TECHNOLOGY](#), [WORKOUT APPS](#)

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