

Apps for Health – My Secret Weapons

Honada Almualem

BEFORE YOU READ: What apps do you use for your health? Describe them.

Keeping Me on Track

Using exercise and walking apps every day has helped me get healthier. These apps are like friends that fit perfectly into my day. They give me workouts to match what I need and count my steps, which keeps me on track and feeling responsible. Whether I'm doing a quick workout or trying to reach my step goal, these apps push me towards a healthier me.

Helping Me Think More about My Choices

They're not just about getting in shape; they also help me understand my body better. By showing me my progress and activity levels, they make me more aware of what I need to do to stay healthy. This makes me think more about my choices throughout the day, so I end up making better ones. Overall, I feel stronger and more energetic. I feel like I understand my body better.

My Own Personal Trainer

Basically, exercise and walking apps are like secret weapons on my journey to getting healthier. They help me take charge of my fitness and live a more balanced life.

Before I started using exercise and walking apps, my fitness routine was all over the place. I didn't have a plan or anyone to help me stay on track. Some days I'd exercise; some days I wouldn't. I didn't really understand how my choices affected my health, so I wasn't making the best decisions. It felt like something important was missing.

But now, with these apps, things are different. They help me stay motivated. They're like my own personal trainer, making it easier for me to get fit and feel good at home.



AFTER YOU READ:

1. According to the author, how have the apps affected her health? Be specific.
2. Work together with your classmates to make a slideshow describing different health apps that people use.
3. Support your classmates to download an app and try it out. Report back on how it goes.

Honada Almualem is a student in Piedmont Virginia Community College's adult education program in Charlottesville, Virginia. She is from Syria, and she is 20 years old. She studied clinical nutrition for a year in Jordan. She is eager to make a positive impact in this society and continue studying nutrition. To help her on her journey, she uses an app called "Workout for Women: Fit at Home" and the Pedometer-Step Counter for tracking her steps.