

Where Do You Get Your Wellness Info?



Top 10 Wellness iPod Apps

1. *Lose it!*
2. *Six Pack App*
3. *Calorie Counter and Diet Tracker*
4. *WebMD Mobile*
5. *Free Pedometer*
6. *Weight Watchers Mobile*
7. *Eat This, Not That Game*
8. *iRun Starter App*
9. *Pregnancy Tracker from What to Expect.com*
10. *Restaurant Nutrition*



Top 10 Wellness books

1. The Mayo Clinic Family Health Book
2. Spark: The Revolutionary New Science of Exercise and the Brain by John Ratey
3. Food Rules: An Eaters Manual by Michael Pollan
4. The Culprit and The Cure by Dr. Stephen Aldana
5. Switch: How to Change Things When Change is Hard by Chip and Dan Heath
6. Eat This, Not That series by David Zinczenko and Matt Goulding
7. The Mayo Clinic Diet: Eat Well, Enjoy Life, Lose Weight by Mayo Clinic
8. Well Being: The Five Essential Elements by Tom Rath and Dr. James Harter
9. The Choice Effect: Love and Commitment in the Age of Too Many Options by Amalia McGibbon
10. Change Your Brain, Change Your Body by Daniel Amen