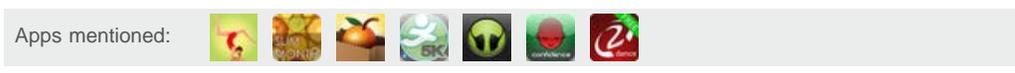


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Start spring slim, calm and sexy with these iPhone apps

Posted April 4, 2011 10:50am by [Kate Currin](#) | Tags: [Health](#), [fitness](#), [yoga](#), [relaxation](#), [lifestyle](#)



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Living your best life is a fine combination of diet, fitness and taking care of yourself spiritually. I'm on a constant quest for a slim, calm and sexy life, and I use these iPhone apps daily to progress on my healthy journey.

Authentic Yoga with Deepak Chopra and Tara Stiles

Tara Stiles is the queen of slim, calm and sexy. In fact, that is the name of her recently released yoga book, Slim Calm Sexy Yoga. Stiles, coupled with spiritual guru Deepak Chopra, also brings her modern and carefree approach to yoga to your iPhone. The Authentic Yoga with Deepak Chopra and Tara Stiles app (\$1.99) is filled with helpful guidance to start an everyday yoga practice from scratch and beginning your journey to slim, calm and sexy.



Slim Month

Do you need a constant reminder about healthy ways to live your everyday life? The Slim Month app (\$4.99) is simple but entirely useful. I have read countless articles in fitness magazines touting the concept of incorporating one healthy change into your life each day to reap mega benefits. This app does the leg work for you and gives you a new tip each day to keep your healthy new life on track.



Fooducate

Savvy marketing is permeating the health food market and identifying healthy choices at a glance while grocery shopping has become a complicated chore. The free Fooducate app helps you boil down the best choices with a quick scan of your food choice's packaging UPC. After scanning the code, the app pulls up an easy to understand grading of the product complete with alternative choices and user reviews. And, if you are surprised by what you see and want to spread your new found knowledge, it's easy and quick to share it with friends and family on social networks or by email.



C25K (Couch to 5K)

I've never been a long-distance runner, but I enjoy a nice sprint or walk rotation along the lakefront in Chicago. Plus, all the research I've been reading lately says nothing burns a

Apps Discussed

Authentic Yoga with Deepak Chopra and Tara Stiles: Modern yoga videos to help access your calm place.

Slim Month - Slimming tips to help lose weight: Daily, healthy lifestyle reminders to keep your slim life in sight.

Fooducate: Make the best choices at the grocery store with the help of this healthy app.

Ease into 5K: Beat the belly bulge and run yourself slim with this fitness app.

Naturespace: Relax Meditate Escape Sleep: Sounds of nature sure to calm you down from any anxiety.

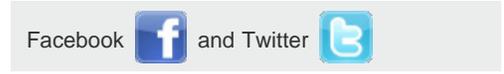
Build Confidence with Andrew Johnson: Nothing is sexier than good, old-fashioned confidence.

Pocket Salsa Free: Spice up date night with a free video salsa lesson.

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layer of stomach fat built up over a winter of needless snacking like a good high-intensity interval training run. I'm using the Couch to 5K app (\$2.99) to get in running shape this spring. It's an easy to use, comprehensive running app for beginners to get their 5K on within nine weeks. I'll be running the Chicago lakefront by summer with the help of this fitness app!

Naturespace: Relax Meditate Escape Sleep

Nothing calms my mind more than the sounds of nature. I absolutely love the new and free Naturespace: Relax Meditate Escape Sleep app for iPhone for helping me fall asleep, or during moments I need a break at work. Choose between sounds like "Infinite Shoreline," "Rain into Water" and many more. Click "info" to access a written description of the scene you should be imagining for help flowing into your meditative rest.



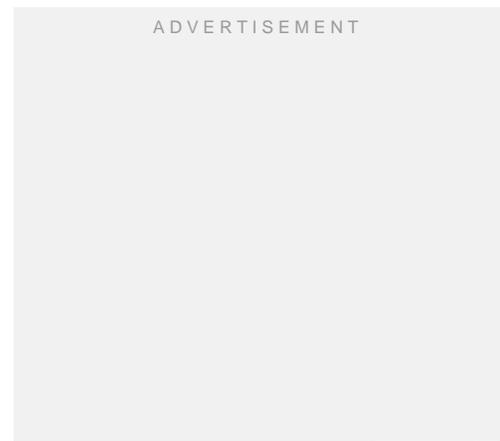
Build Confidence with Andrew Johnson

Confidence is sexy. If you need a little mental boost in the poise department, check out the Build Confidence with Andrew Johnson app (\$2.99). Sometimes, no matter how hard you try, bad experiences can drain the life-loving soul out of you. In those moments, turn to this app to ramp up your confidence and be set on the journey to naturally sexy.



Pocket Salsa Free

Sometimes all our mental state needs for a little pick-me-up is a good old dance session. If you want to spice up your Saturday date night, impress your man or lady with a little salsa lesson courtesy of the Pocket Salsa Free app.



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