

Lunch & Learn



BridgingApps helps people with disabilities use technology to enhance their lives

With our BridgingApps Team

Lunch & Learn Rewind:

If you missed our Lunch & Learn last time, we made a video to help you: Mirroring Your Device to Your SMART TV

<https://youtu.be/WalkNd2KX7I>



Title (required) ?

How to Mirror Your Mobile Device on Your TV Using Airplay or Casting without Apple TV

Description ?

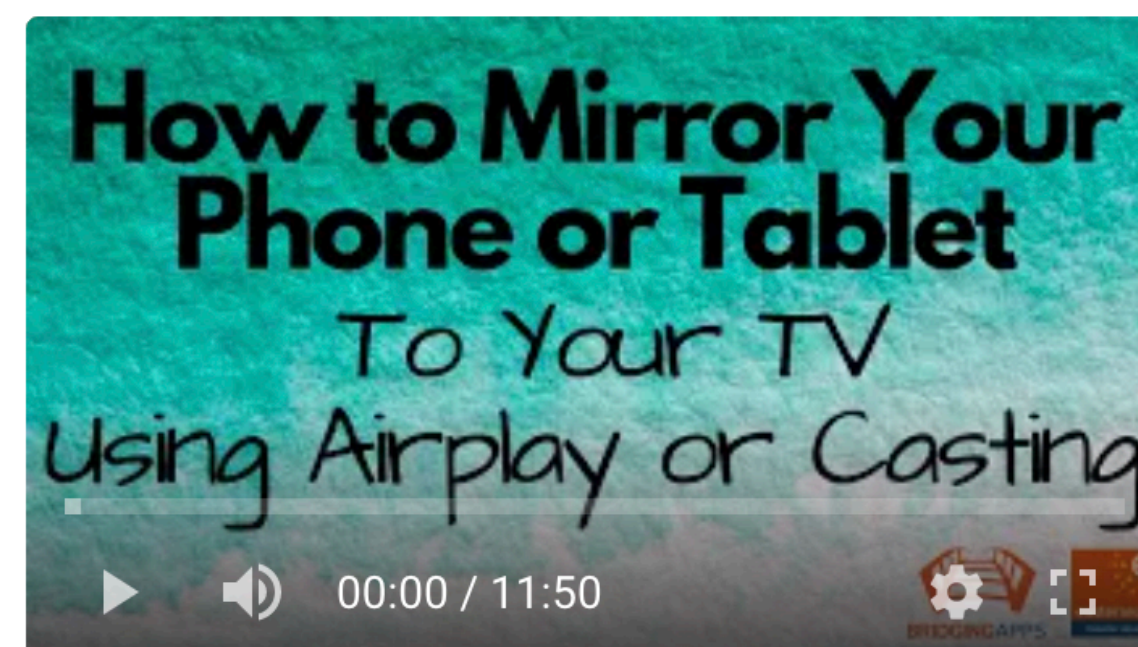
This holiday season as you join loved ones and friends at social gatherings, share your pictures and videos on the big screen using #Airplay and Google #Chromecast. Rather than passing the phone around – take a few minutes with us to learn how to share your best memories to your TV, so that everyone can see them at once. Enjoy the laughs, smiles, and moments together... reminiscing on favorite times.

Bridging the gap between technology and people with disabilities.

Website: <https://bridgingapps.org/>

App Search Tool: <https://search.bridgingapps.org/dashboard>

#How To Screencast



Video link

<https://youtu.be/WalkNd2KX7I>

Filename

Mirroring Your Phone.mov

Video quality



Check out our website and search our blog for information as a review of the information we have shared in the past

Getting Fit & Tracking Your Progress With Apps

- Goals for: Fitness, Healthy Eating Habits, Good Nutrition, Weight loss, Journaling
- Watch more videos on some of our highlighted apps for favorite features in a new playlist we have created called Digital Tools for Personal Wellness & Self-Care at <https://bit.ly/3HXWmQD>
- Find specially curated app lists at <https://search.bridgingapps.org/lists>

Google Fit

- Free app available for iOS and Android
- Users can choose to track food intake, body measurements, sleep, vital signs, and of course, daily activities, or only one or two of these items
- It has a simple user interface with explanations of features for those who need help deciding what to track.
- Google Fit has many helpful features such as built-in YouTube playlists to fit different kinds of workout preferences such as yoga, dance, meditation, and more
- The app also has a great journaling feature which provides users with an easy, quick way to add their blood pressure, weight, activities, or track a workout as it happens..
- The Google Fit: Activity Tracker tracks activity using sensors in your phone or Google smartwatch as well as connecting to apps such as Apple Health, MyFitnessPal, Headspace, and more to combine all of the users health data and habits into one place.



Google Fit

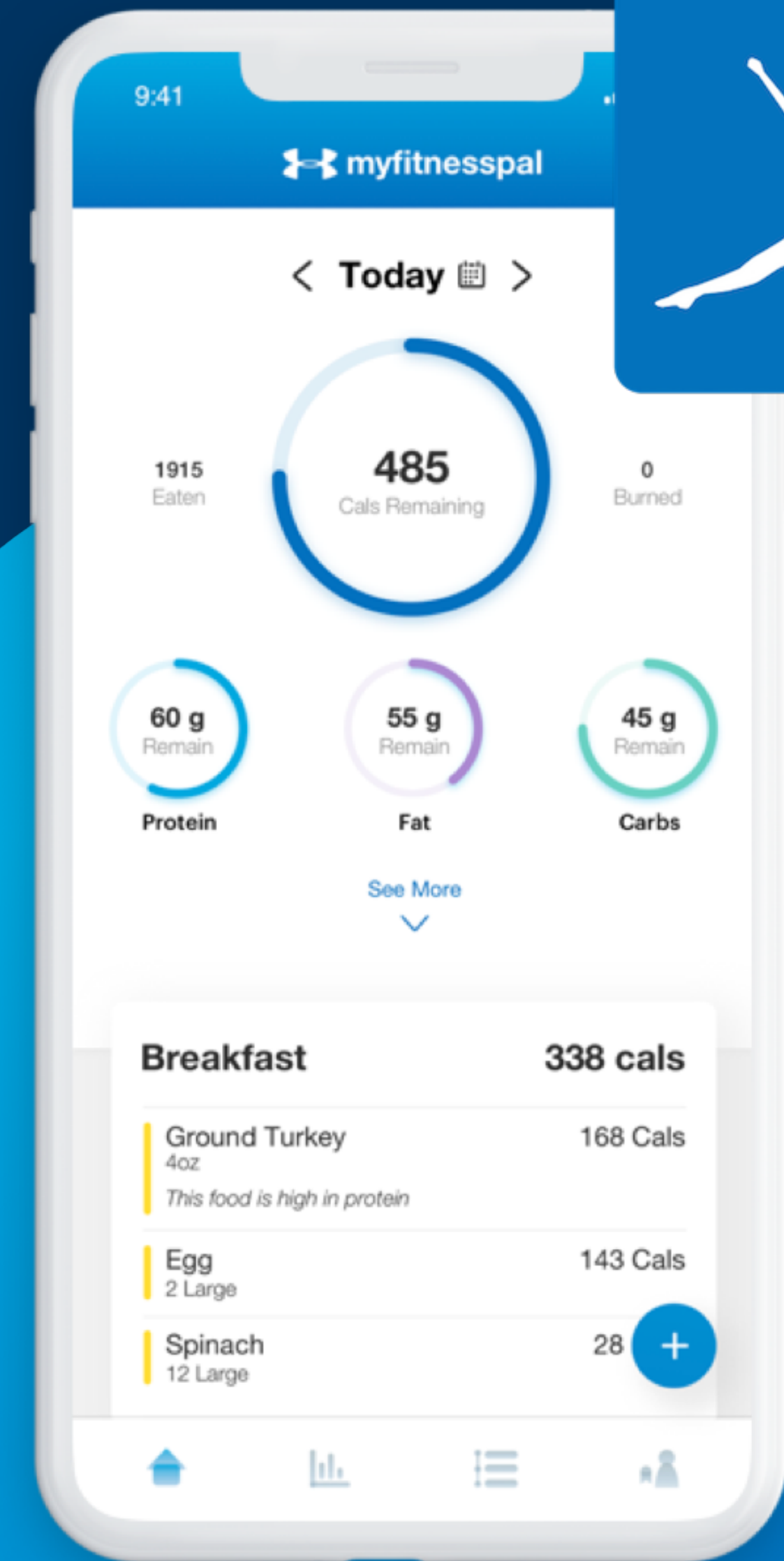
Pacer

- Free app available for iOS and Android
- Pacer Pedometer and Step Tracker is an app that tracks your steps on your phone. No special watches or wearable devices required, just make sure you have your phone with you and let Pacer do the work.
- Tracking your steps is a great way to see your progress toward your activity goals. Pacer also offers personalized fitness plans and guided video workouts. This app has a lot of helpful features to keep users motivated. One of our favorites is that there is a map that includes nearby walking routes for users to try. They can search by their location and discover new trails and parks to explore. There are also virtual challenges with famous landmarks along the route and the app allows users to connect to friends to create groups & challenges or choose to keep their account private.
- Pacer is free to download, but users have the ability to subscribe to a premium membership. Some of the features of the premium membership are that users have access to a larger variety of video workouts for stretching, weight loss, muscle building, and more, comprehensive fitness plans with audio guided walks and workout videos, more detailed individual data and insights so that they can understand their weight loss & gain trends, and access to adventure challenges where they can hike to beautiful locations and landmarks all from their own neighborhood!
- This app could be helpful for anyone who wants support while learning to have a more healthy lifestyle. Adults of any age, from those with busy schedules to those who find themselves with more unstructured time after retiring. It could also be helpful for people with physical limitations due to a stroke or illness that may want to track their rehabilitation therapy routines and exercise goals.



MyFitness Pal

- Free app for diet and nutrition that helps with self-awareness, accountability, and monitoring dietary intake.
- Replace paper/pencil food diaries with this app that has one of the largest databases with complete nutritional information for single item foods and restaurants.
- Assists users in creating an individualized plan, estimating calorie needs based on the personal information that is shared such as height, weight, gender, age, activity level, etc. Ability to tweak and customize the app according to your dietary needs.
- Sign up for premium account which allows even more



TrackNShare

- Fully customizable free tracking app
- Journal to track just about anything including: life goals, mood, habits, weather or create your own categories.
- Different viewing options to see your progress. We like the graphing feature that allows you to see a daily, weekly or monthly graph.
- Export data into a .csv file which could be helpful in sharing users tracked categories with counselors, therapists, doctors, etc.



SimplyYoga

- Free App
- Poses & Workouts for beginners containing a variety of great yoga routines
- Great for dealing with stress
- Learn the basics of yoga such as balance, following 1-3 step directions and strengthening muscles while holding difficult positions
- Encourages focus and concentration to keep your balance
- Allows users to gradually build flexibility, practice skills and poses.
- Helps users reach healthy goals of reducing stress, anxiety, and increasing confidence while building flexibility, strength and balance

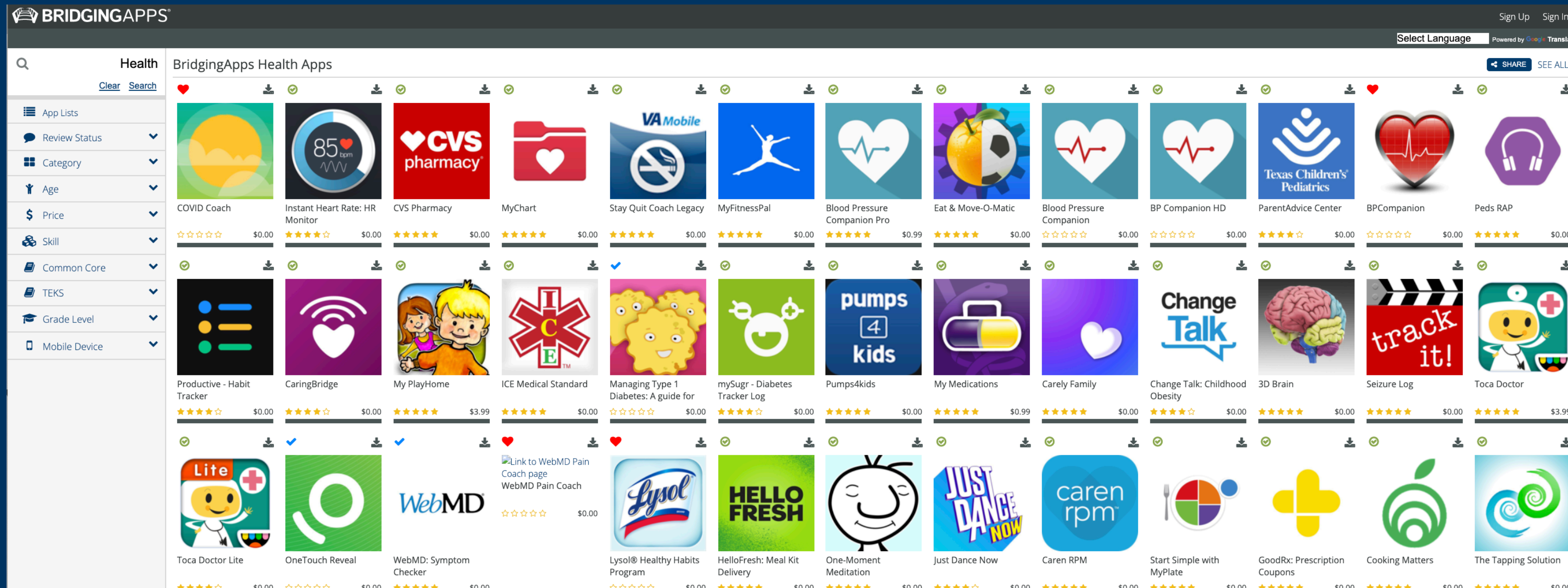


Apple Health App

- Easily syncs to other fitness programs like MyFitnessPal or workout apps
- There are other “wearable” watches on the market, like FitBit, etc. Letsfit smart watch is another great option that is low cost (starting at \$40), available for Android and iOS and the app is completely free.



Explore Our App Lists



- Check out our website at www.bridgingapps.org to see specially curated app lists that include our favorites like this Health app list.
- Read our app reviews and use the download button that takes you directly to the link to get it on your own device.

Questions?

Check out our website at www.BridgingApps.org

Social Media channels

