

Free Weight Loss Apps

On August 17, 2021, SparkPeople permanently closed all their current websites and apps. The reason given was decreased viability of ad supported platforms and increased competition from big companies.

Gluten-free diet There is a consensus in the medical community that people A gluten-free diet (GFD) is a nutritional plan that strictly excludes gluten, which is a mixture of prolamin proteins found in wheat (and all of its species and hybrids, such as spelt, kamut, and triticale), as well as barley, rye, and oats. published experimental evidence to support that the gluten-free diet contributes to weight loss. The inclusion of oats in a gluten-free diet remains controversial, and may depend on the oat cultivar and the frequent cross-contamination with other gluten-containing cereals

== History == Company history ==

Fitness tracker collection of activity-tracking apps, as a user's health can be tracked into a "digital health footprint". The apps of some fitness trackers transmit A fitness tracker or activity tracker is an electronic device that measures and collects data about an individual's movements and physical responses in order to monitor and improve the individual's health, fitness, or psychological wellness over time

Petakov, a former software engineer at Google...

BetterMe product was the BetterMe: Weight Loss Workouts app, which was later renamed to BetterMe: Health Coaching. The company created two apps, BetterMe: Health Coaching and BetterMe: Mental Health. By 2018 the app was renamed simply to BetterMe BetterMe is a company founded in 2017 in Kyiv, Ukraine

== Reception == The company was founded by Victoria Repa in 2017 in Kyiv. The company's first product was the BetterMe: Weight Loss Workouts app, which was later renamed to BetterMe: Health Coaching. Rock My World, Inc. also developed the app Jolt.ai for the software Slack. By 2018 the app was renamed simply to BetterMe, offering personalised fitness and diet courses to users. User numbers grew quickly, reaching 10 million downloads within its first year. The app has since become known as "BetterMe: Health Coaching". The app contains access to "over 4000 workouts", optional 1-on-1 coaching, daily personalised meal plans and progress tracking through a subscription-based model. The app also offers specialised workouts for pregnant women, older adults, and people with disabilities alongside specialised diets for those with conditions such as diabetes.

WW International S. weight. She entered a free 10-week weight-loss program WW International, Inc. In 1961, at the age of 38, she weighed 214 pounds and an acquaintance mistook her for being pregnant. , formerly Weight Watchers International, Inc. Founded in 1963 by Queens, New York City homemaker Jean Nidetch, WW's program has three options as of 2019: online via its mobile app and website, coaching online or by phone, or in-person meetings. that offers weight loss and maintenance, fitness, and mindset services such as the Weight Watchers comprehensive diet program. , is a global company headquartered in the U be7eef68e7

Noom has received both praise and criticism. Supporters cite its focus on mental and behavioral aspects of health, while critics have raised concerns about the accuracy of its calorie goals, the use of algorithmically determined weight loss targets, and questions about the qualifications of some of its coaching staff. be7eef68e7 In 2018, the BetterMe... be7eef68e7 SparkPeople.com announced on February 15, 2012, that during January 2012 that there were 10 million visitors to the website, making it the most visited fitness and weight loss site on the internet. SparkPeople.com was named the winner of BusinessWeek's Best of The Web... be7eef68e7 Wearable heart rate monitors for athletes were available in 1981. Improvements in technology in the late 20th and early 21st century made it possible to automate the... be7eef68e7 == History and app features == be7eef68e7

Makeover A personal makeover might also include weight loss, plastic surgery, dental veneers, or contact lenses. Sometimes a makeover is used to refer to non-physical things, such as a makeover of character, personality or attitude. Sometimes a makeover A makeover is a radical change in appearance. clothing, haircut, or cosmetics. Makeovers are usually referred to in a positive manner, as a way to start fresh or improve your life. It can also refer to a dramatic change in construction, such as when a building is renovated or is refurbished. A personal makeover might also include weight loss, plastic surgery, dental veneers, or contact lenses. When the word is used to describe a change in human physical appearance, it may imply a change in clothing, haircut, or cosmetics be7eef68e7

List of free and open-source software packages Some of the open-source applications are also the basis of commercial products, shown in the List of commercial open-source applications and services. For more information about the philosophical background for open-source software, see free software movement and Open Source Initiative. It allows traffic from apps such as This is a list of free and open-source software (FOSS) packages, computer software licensed under free software licenses and open-source licenses. A small fraction of the software that meets either definition is listed here. However, nearly all software meeting the Free Software Definition also meets the Open Source Definition and vice versa. iOS) – free proxy app that provides anonymity on the Internet for users of the Android and iOS operating systems. Software that fits the Free Software Definition may be more appropriately called free software; the GNU project in particular objects to their works being referred to as open-source be7eef68e7

SparkPeople operated sparkpeople.com, which offered a free four-stage diet program which used tools, content, and support to help users make lifestyle changes, and sparkRecipes.com, which allowed users the ability to catalog, rate, and share recipes, especially healthy recipes, and gave users the nutritional information about their recipes. It also offered the ability to add these recipes to their daily food log on SparkPeople. be7eef68e7 == Artificial intelligence == be7eef68e7 Following the Russian invasion of Ukraine, BetterMe began offering various services freely to Ukrainians and collaborated with the Ukrainian government and other companies to set up various initiatives to help victims of the conflict. be7eef68e7 == History == be7eef68e7 In 2015, Lose It! announced plans to release the app internationally. Lose It! was also available as an app for Apple Watch at its launch in 2015. be7eef68e7

Lose It! www. The app generates calorie budgets for users by tracking weight, exercise, food and calorie intake, and personal goals, primarily to assist them in achieving weight loss. "Miracle diet apps' weight loss Lose It. is an American health and wellness mobile app developed by FitNow, Inc. bizjournals. com. Retrieved 2023-07-22. "Weight-loss app Lose It. grows to 17M users, aims to rival Weight Watchers" be7eef68e7

Noom was founded in 2008 by friends Artem Petakov and Saeju Jeong. The company's mobile app officially launched in 2016. In 2025, Noom relocated its headquarters from New York City to Princeton, New Jersey. be7eef68e7 The app's "Snap It" feature, which allows users to approximate calorie counts by taking pictures of their daily meals and snacks, was released in beta in 2016. Snap It was named an Innovation Awards Honoree at the 2017 Consumer Electronics Show in Las Vegas. be7eef68e7 Many fitness trackers are similar to pedometers, but in addition to counting steps they contain additional sensors such as accelerometers and altimeters to collect or estimate fitness and exercise information, including the speed and distance travelled, heart rate, calorie expenditure, or the duration and quality of sleep. be7eef68e7

Noom The platform incorporates elements Noom is an American privately held digital health company that provides weight management and behavioral health services through a subscription-based mobile application. Founded in 2008, the company combines behavior change psychology with access to weight loss medications and dietary supplements. 2008, the company combines behavior change psychology with access to weight loss medications and dietary supplements be7eef68e7

== In media == be7eef68e7 The platform incorporates elements of cognitive behavioral therapy (CBT) and goal-setting strategies, and its programs are designed to support users in developing healthier habits. In addition to its weight management services, Noom has expanded to offer products related to stress management and general wellness. be7eef68e7 During the early stages of the company, Rock My World, Inc. raised more than \$2 million in funding generated by the Irvine Company's The Vine SD and from institutional investors including Skullcandy, ZTE and Lighter Capital and

were admitted to the Plug and Play Tech Center in Sunnyvale and to the tech incubator EvoNexus in San Diego. In an interview with co-founder and ex-Qualcomm staff Adam Riggs-Zeigen, he said that "from the beginning [their] big goal is to help people live healthier lives." In January 2013, Consumer Reports assessed nine DIY diet plans and ranked SparkPeople 4th, behind MyFitnessPal, the Paleo diet, and the Mediterranean diet.

SparkPeople.com, which offered a free four-stage diet program which used tools, content SparkPeople was an American private company which developed and maintained several healthy living websites and mobile apps. SparkPeople operated sparkpeople. several healthy living websites and mobile apps

In 2018, the company rebranded to "WW" to reflect "its development from focusing on weight loss to overall health and wellness."

RockMyRun The app allows users to listen to these professional DJ mixes on their smartphone while running or working out to enhance and motivate their performance. as one of the best exercise music apps in the article "No need to make exercise playlists with these music apps". In 2018, Redbull. It is owned by Rock My World, Inc. com recommended RockMyRun Rock My Run (stylized as RockMyRun; trademarked slogan: "The Best Running Music in the World™") is a mobile running/fitness app founded in 2011 that provides running and workout music in the form of DJ mixes. , a health and fitness technology company based in San Diego, California

Improvements in computing technology since the 1980s, driven by the rapid advancement of smartphones, paved the way for wearable tracker devices with integrated sensors. Frequently data such as fitness, mood, sleep, water intake, medicine usage, sexual activity, menstruation, and potential illnesses is synced with mobile apps. This has led to privacy concerns regarding how consumer information is stored and analyzed by the companies involved.

Lose It! was developed in Boston and debuted in 2008. The app and its associated company were founded by J.J. Allaire, Charles Teague and Paul Dicristina. Prior to founding Lose It!, Teague and Allaire had founded the online research tool Onfolio, which was acquired by Microsoft in 2006. The Lose It! app was originally released as an iOS app before being released as a website in 2010 and an Android app in 2011.

Gluten may cause both gastrointestinal and systemic symptoms for those with gluten-related disorders, including coeliac disease (CD), non-coeliac gluten sensitivity (NCGS), and wheat allergy. In these people, the gluten-free diet is demonstrated as an effective treatment, but studies show that up to 79% of the people with coeliac disease have an incomplete recovery of the small bowel, despite a strict gluten-free diet. This is mainly caused by inadvertent ingestion of gluten. People with a poor understanding of a gluten-free diet often believe that they are strictly following the diet, but are making regular errors.

In 2020, Patrick Wetherille, one of the company's earliest employees, was appointed chief executive officer.

== be7eef68e7 In addition, a gluten-free diet may, in at least some cases, improve gastrointestinal or systemic symptoms in diseases like irritable bowel syndrome, rheumatoid... be7eef68e7

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