



Remote  
Health

# Course Materials

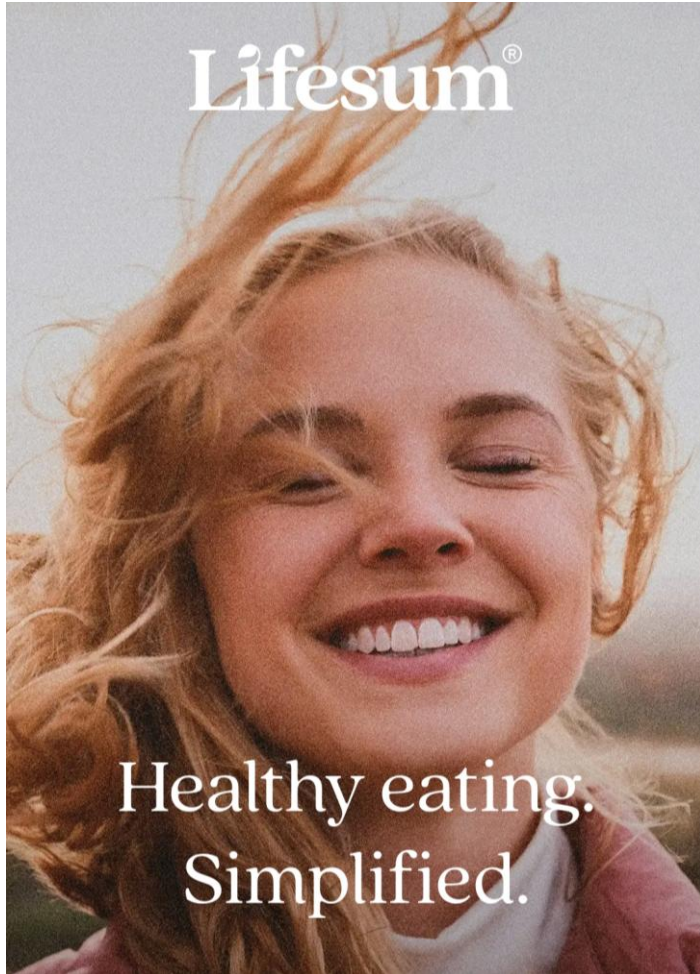
## Lifesum

App recommendation



## Content

- **Lifesum and its functions <sup>(1)</sup>**



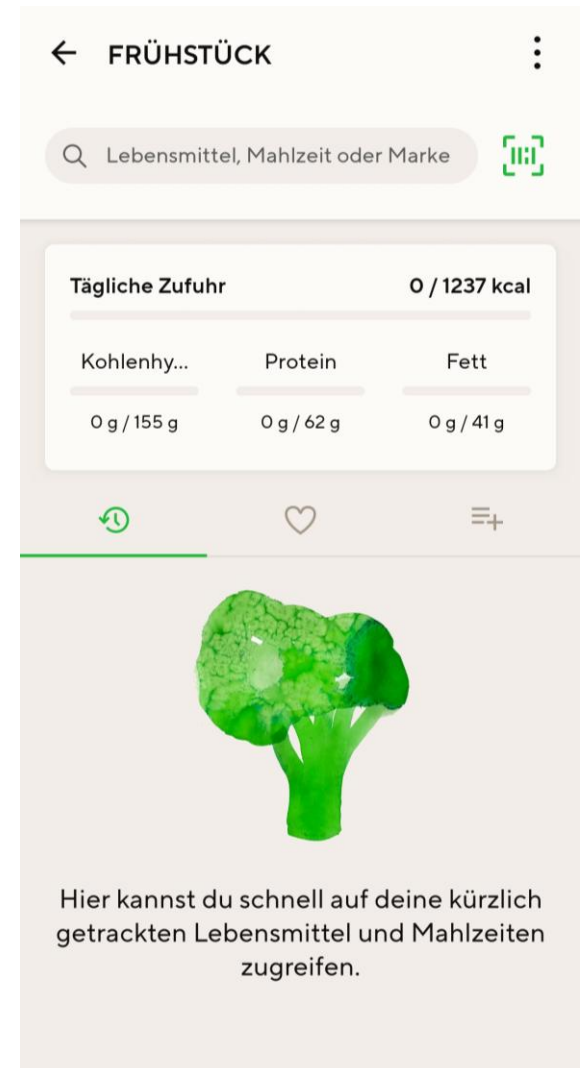
The Lifesum app, which can be downloaded free of charge by Apple and Android users, advertises that it makes healthy living easier.

It helps users to pursue their health goals and achieve their desired weight through conscious nutrition.

# Meal Tracking

Track your meals using the app.

Use the barcode function to record the food you eat. By specifying the exact amount, the calories eaten can be calculated.





The free version also offers an overview of the individual macronutrients, but for more detailed information the premium version has to be purchased, but this is not required for successful calorie counting.

In addition, fluid intake and training sessions can be tracked.

Source:

1. Blomster, G. (2022, August 02). Lifesum. <https://lifesum.com/de>



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