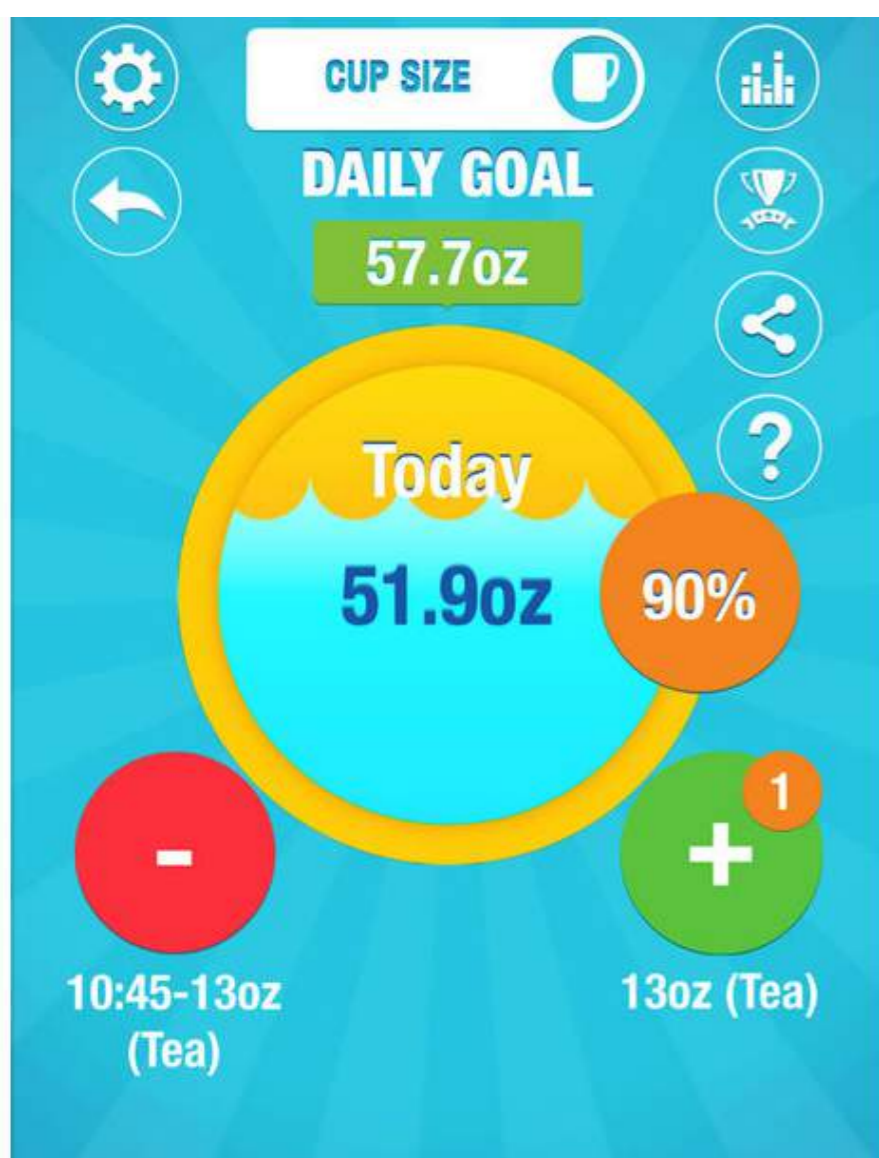


APP GUIDE

My 2018 TOP 3 Weight Loss Mobile APPs for Nigerians .



AQUAALERT: WATER TRACKER

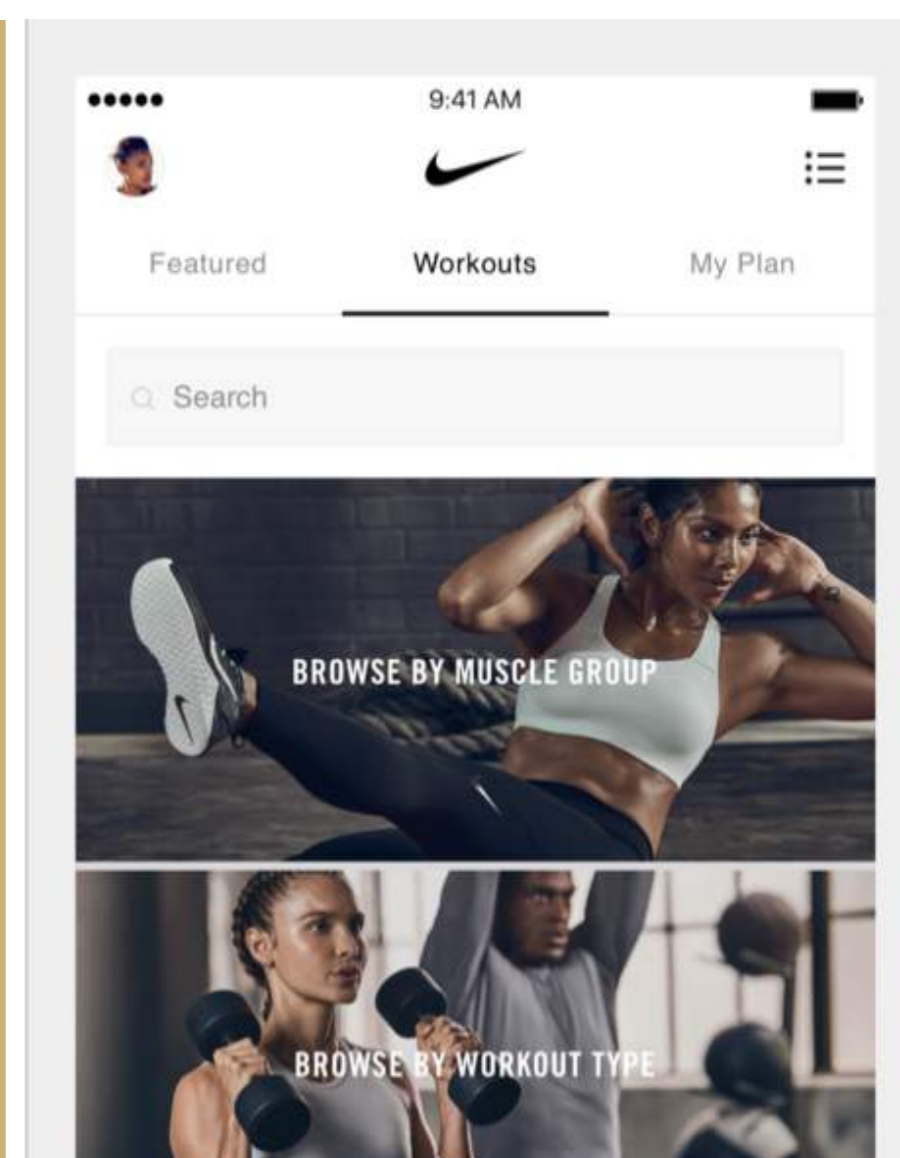
I'm sure you've heard of the endless benefits of drinking water. Including helping you eat less so you can easily lose weight. However, we keep forgetting to drink water. The good news is that this brilliant app prompts, reminds and inspires you to drink more water throughout the day. You can get more details and download the app here:



NIKE+ TRAINING CLUB

Nike+ Training Club is the gold standard app for fat-burning workouts. This app has a variety of different workouts programs for beginner,s intermediates, and advanced that will help you get lean and mean.

Get your hands on the app here:



EVERNOTE

Tracking what you ate throughout the day and your workouts is a must if want to see weight-loss results. Evernote is a great app for doing just that. Evernote is a note-taking app that can help you stay on track. There so many ways you can use Evernote. You can even take note by snapping or uploading photos (That's a great way to track your diet, if I may add) Here's where you can install Evernote app on your phone:

