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Media Platforms Design TeamYou've seen all the health and fitness apps out there, but what if you could have an app that not only tracks your health, but also gives you personalized advice on how to improve it? That's the idea behind the new app, "My Health," which is available for free on the App Store and Google Play. The app uses a combination of sensors and algorithms to track your heart rate, blood pressure, and other vital signs, and then provides you with personalized recommendations based on your data. For example, if the app detects that you're not getting enough sleep, it might suggest that you try to go to bed earlier or take a short nap during the day. Or, if it notices that you're not eating enough fruits and vegetables, it might recommend that you try some new recipes or buy some fresh produce. "My Health" is a great tool for anyone who's looking to take control of their health and make positive changes to their lifestyle. It's easy to use, and it provides a lot of useful information that can help you stay on top of your health. So, if you're looking for a new app to help you live a healthier life, "My Health" is definitely worth a try.

we found actually do exist! What Is That?Snap a photo of that weird/gross/confusing rash/infection/fungus and this app will analyze your picture, spit out a possible diagnosis, and how to treat it.@MensHealthMag #MyHealthApp what would be nice is if you take a picture of the food in front of you, it tells you how many calories it is.— corporatedude (@corporatedude) January 9, 2012 You're Doing It Wrong Designed to save you back and knee pain, this app will operate much like the Nike Golf Swing Analyzer—except for the gym. Film yourself doing a deadlift, pushup, or bench press and this app will point out all that is wrong (plus how to fix your mistakes). Unfortunately not included: How to hit on the girl doing yoga. More from MensHealth.com: The 25 Best iPhone Apps for MenThe Nap-inator After answering a questionnaire that analyzes what puts you to sleep most quickly (Bob Ross paintings, Brian Eno music, or Planet Earth documentaries), this app will create a knockout effect that plunges you deep into an instant power nap. @MensHealthMag An App outlining all the vitamins/minerals present in my diet, so I can ensure that I'm getting a proper balance #MyHealthApp— Sean Reilly (@TheReillyDude) January 9, 2012 Interval InterruptionsOnce activated, this app will announce an interval workout over whatever music you're listening to—no special playlist required. It'll give you an interval timing the same way the iPhone interrupts your music for a phone call. (iWorkoutMuse Pro is the closest thing we've found.)Here are the real apps we rushed to download the second we heard about 'em: MapMyRun A runner's must. This app maps your run—and so much more. A simple download and you'll be able to track not only your distance, but your pace, calories burned, and elevation. See an activity feed of your friends' workouts, search a database of over 26 million running routes, and even get voice prompts as you work out. (Related: Watch our interview with the MapMyRun founder.)Fitness VTC Bodybuilder Jay Cutler and his team become your personal trainers with this app—without the hourly fee. Check yourself against exercise videos of Jay demonstrating the moves, and figure out ingredients for the healthiest postmeal workout. You can create a custom 30-day workout plan—with meals included—and update personal stats on the go.SitOrSquat Bathroom Finder We've all been there. This app doesn't just find the nearest bathroom, it makes sure it's open, shows reviews, and sometimes shows pictures of the toilets in the bathroom. It's also got all the dirt on the bathroom's features—like which ones have a condom vending machine. (Tons of Useful Apps! Click here to view all of the Men's Health apps—our groundbreaking iPad edition, Eat This Not That!, MH Workouts, and Jimmy the Bartender.Cassie ShortleeveFreelance WriterCassie Shortleeve is a skilled freelance writer and editor with almost a decade of experience reporting on all things health, fitness, and travel. A former Shape and Men's Health editor, her work has also been published in Women's Health, SELF, Runner's World, Men's Journal, CNTraveler.com, and other national print and digital publications. When she's not writing, you'll find her drinking coffee or running around her hometown of Boston.

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