

# iMoneyMinute



brought to you by **iMONEYCOACH**  
Money Is The Smallest Part of Your Finances.

## Contact Us

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### iMoneyCoach News

Check out our guide on Making Extra Money with eBay and Craigslist now available at [Smashwords](#).

Have you been by the [iMoneyCoach University](#) lately to check out the Financial Life Training System **Young Adult Edition**? This is a great tool for young adults to start on the right foot with their finances!

If you would like *more* money advice and tips, be sure to follow the [iMoneyCoach blog](#).

Get your check-in deal when you "like" us on [Facebook](#)!

An "iMoneyMinute" is an idea that in less than one minute will give you a way to save time, save money, make money, or reduce your financial risk.

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## FREE Apps to Help You Stay Healthy

Did you know that your health can affect your finances? From your ability to work and earn money to boosting your mental well being, making sure that you are in good physical shape has many benefits.

iMoneyCoach has tracked down some great ways to help you stay in shape:

- 60-minute [workout music](#) - FREE workout music you can download. Choose from 3 intensity levels that match your workout (i.e. slower for walking or the elliptical, moderate for jogging or cycling, or high for running or cardio).
- [Fooducate Nutrition Scanner](#) helps you learn about the foods you are eating. You can scan the barcode and get a list of information about that product, like if it says it is a good source of whole grains but is really high in sugar which would make it less healthy. It also gives you better options. So if you are looking for a healthy new cereal and are not sure which one is best for you, this would be a great way to find out.
- [Zombies, Run!](#) (available for Apple or Android devices) - This app has over 300,000 players worldwide and makes running a little better. You can run with your own music and hear the zombie apocalypse story unfold between tracks. According to BBC News "the only way to save yourself is to run for real." There is also a new 5k training Zombies app that is designed by running experts and helps you build up your endurance over 8 weeks of structured training. While the

apps are not free, they are fairly inexpensive and could help you avoid a costly gym membership fee.

- If you are not thrilled about the idea of running from zombies, you could also try the [Nexercise](#) app (also available for both Apple or Android). This is a FREE app that helps you track your activity and gives you medals as motivation and real rewards like FREE Amazon MP3s or gift cards. You can also connect with friends to help keep each other going.
- For a little more integration of exercise and calorie-watching, [MyFitnessPal](#) is another FREE app, and it is available on a variety of mobile devices. You can keep track of what you eat in a food diary or track your exercises and see how many calories you have burned.

With summer on the way, now is a great time to get started! We would be happy to hear about your progress so be sure to send us an email and let us know how you stay healthy.

For more information on how your health can affect your finances visit our [blog](#).



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**We hope the iMoneyMinute is useful to you. If you have a different email address you would like us to use, or if you would prefer to no longer receive the iMoneyMinute emails,**

please email us at [coach@imoneycoach.com](mailto:coach@imoneycoach.com).

We would also love your feedback on our emails! Please fill out [this short survey](#) to help us better serve you.