

Smart and smarter

LOGGING INTO ANY APP STORE IS LIKE LOGGING INTO A WHOLE NEW WORLD. IN ITUNES ALONE THERE ARE MORE THAN 400,000 APPS AT YOUR FINGERTIPS – GAMES, NEWS, ORGANISATION TOOLS, RECIPES, FASHION TIPS, HEALTH ADVICE – IT CAN BE AN OVERWHELMING PLACE TO VISIT. SO HERE IS THE ULTIMATE GUIDE FOR US GIRLS TO WHAT'S WHAT IN THE APP UNIVERSE.



LIZ WALSH

LET'S GET PHYSICAL:

1. iBody



It must be the "i"... getting fitter is all about the individual. And this app can help you achieve your goals by tracking your jogs or bike ride, documenting your blood pressure, cholesterol, weight, and keeping track of the calories you've burned. * Expensive at \$10.49, but comes highly rated and it's filed under Healthcare and Fitness. Otherwise, check out Body Monitor in the android app market, which you'll get for \$1.51.

2. Yoga Free for iPad



The health benefits of yoga are heralded by health professionals worldwide and this app can help you get into the swing (or stretch) of things. With more than 150 poses across all levels, you will be balancing like a pro. * Free in the Healthcare and Fitness section of iTunes. Pocket Yoga is perfect for android users and can be bought for \$2.89.

3. Runkeeper



Want to make your friends jealous by how far you're running? Download this android app with an inbuilt GPS tracking system that will map your exercise path. It will also track your distance, time, pace, heart rate and calories burnt. * Free in the android app market in Health and Fitness. If you're more into Apple, check out iTreadmill, for an app that turns your phone into a pedometer, for \$1.99 and you'll find it under Healthcare and Fitness.

EPICUREAN DELIGHTS:

1. Poh's Kitchen



The bubbly South Aussie can now be downloaded straight to

3. Urbanspoon



The perfect dinner companion, this app helps locate nearby restaurants by GPS, filters them by neighbourhood, price or cuisine and if you can't make up your mind, you can shake the app and it will randomly pick a restaurant for you and your friends to try out. * Free in Lifestyle in both the android and iTunes markets.

GIRLS ONLY:

1. iPeriod



It's no wonder this has spent more than two years in iTunes' list of top health and fitness apps. With a calendar that makes it easy to see the stages of the menstrual cycle. Little emoticons and icons symbolise expected periods, ovulation dates, fertile days and even some symptoms. * The basic version is free. If you've got an android phone, check out My Days: it does all the same cool stuff and it's free as well.

2. The Pill



This cute little app reminds you to take your birth control pills every day at the time of your choosing – it even works in plane mode. Brilliant. * \$0.99 in Medical in iTunes or search for iPill in the android market, which is \$2.89 in Health and Fitness category (this app even has reminders for patches, rings and IUDs ... and chocolate).

3. Lady Biz



Is there anything this app can't do? This one helps to keep track of everything from breakouts to sleeping patterns, breast tenderness to weight changes. You can even record your waking temperature each morning to keep track of when you might be ovulating. * \$1.99 in Healthcare and Fitness for the iPhone.

FASHION FORWARD:

1. Style.com

The fashion mecca website

3. Stylish Girl



This is as fun as it is helpful: using the clothes in your wardrobe and those on your "must-have" list to create a style planner and shopping app. It enables you to catalogue your wardrobe, share your outfits via social networking and even shop online. Could be dangerous. * Free in both iTunes and android market.

OH BABY:

1. Total Baby



Talk about impressive: you can time and track your nappy changes, breast feeding (right or left?), sleeping patterns. The baby brain will be sorted thanks to the reminders and appointment book. * \$5.49 in Medical. If you're looking in the android market, check out Baby Connect for \$2.89 in Health and Fitness.

2. Contraction Timer



The perfect labouring partner – this one allows you to time your contractions, one way to help you concentrate on breathing. * Free under Lifestyle in the android market, otherwise, check out Baby Buddy in iTunes for \$1.99.

3. Babyphone



This app will ring your home phone – or any other nominated phone number – the moment your bundle of joy wakes up. Amazing really. * \$2.99 in Utilities in iTunes, otherwise look up BabyPhone Deluxe in the android market and you can get it there for \$2.65.

LOVE AND FRIENDSHIP:

1. Love Guru



Despite having every means to tell you whether you and your partner are compatible, it's a bit of fun as well. You can take quizzes, check out the love calculator and even determine whether your names are a match. * Free under Lifestyle in iTunes or Entertainment in the android market.

EPICUREAN DELIGHTS:

1. Poh's Kitchen

The bubbly South Aussie can now be downloaded straight to your mobile phone. The ABC show is now an app, featuring weekly blog updates, full episodes and recipes (including other ABC celeb chefs).
* Free under Lifestyle in iTunes.

2. Supermarkets chains

Check out the apps of the supermarket giants – Coles and Woolworths have them. They allow you to see the week's specials, create shopping lists and if you're interested in a particular recipe, it will download the ingredients you need to your shopping list.

* Generally these apps are free and you'll find them under Lifestyle for both androids and iPhones.

FASHION FORWARD:

1. Style.com

The fashion mecca website is now an app and features runway coverage from all the hotspots: New York, London, Paris and Milan. It also features videos and insider goss from the best social parties across the globe.

* Free in Lifestyle

2. Strawberrynet.com

The website – which is renowned for sending online shoppers into an absolute frenzy – is now an app and features free shipping with no minimum purchase. It's skincare, makeup, hair product heaven.

* Free in Lifestyle on either androids or iPhones.

mine whether your names are a match.

* Free under Lifestyle in iTunes or Entertainment in the android market.

2. Group Me

This app takes social networking to a new level: group messaging. Select phone numbers to be in the same grouping and one text message will be sent to everyone. Conference calling is another positive.

* Free in Social Networking for both iPhones and other android smartphones.

3. Fake Caller

Need an excuse to leave a bad date or boring meeting? With the flick of a finger, you can set your phone to ring you and you can fake an emergency from there to escape any tricky situation.

* Free for both androids and iPhones.

I can view parades from around the world no matter where I am, it saves me having to be in front of fashion TV or with a heavy pile of mags in my bag

DON'T GET BORED:

1. Mega Mall Story

A new little game that is proving to be rather addictive, you get to design and build a mall and attract as many customers as you can. The aim? To get to five-star status in mall management.

* \$1.99 in Games in iTunes.

2. Words with Friends

Having hooked in more than 20 million people worldwide, it's no wonder why this app continues its cult following. Think of scrabble on your phone: you're even able to hold up to 20 games simultaneously. A real vocab builder.

* Free in the Games categories in both iTunes and the android market.

3. Buy Australian

You can choose to buy locally thanks to this app which allows you to search product categories, brands and companies. Check out the virtual supermarket while you're there.

* Free in Business in iTunes.

GET ORGANISED:

1. Evernote

This app is so good, it's been inducted into the App Hall of Fame (impressive) and it means you'll never forget or misplace anything ever again. In one easy app, you can synchronise notes, ideas and even recordings from your iPhone to your Mac or Windows desktop. Brilliant for students, professionals and creatives.

* Free in Productivity for both androids and Apples.

3. Loopt



If you're bored, download this app and see where all your friends are. The ultimate in social networking, this lets you share photos from wherever you are, review whatever restaurant you're at or even get coupon deals from nearby establishments.

* Free under Social Networking for androids and iPhones.

MONEY TALKS:

1. iWallet



You may want to look away, but this app lets you manage your income and your expenses.

You can check your balance, track your income and determine monthly budgets.

* \$2.99 in Finance in iTunes. There's a free version of this one in the android market.

2. Nice List



Just as the name suggests, this is about making a list – of who's been naughty and nice – and you've got to check it twice. In the lead up to Christmas, this app lets you see how much you've budgeted for your spending, how much you've got left to spend and who you still need to buy for.

* Free in Productivity (the free version has limitations on the number of people and presents you can list). For androids check out Christmas List for \$0.96.

2. Snapp!



Gone are the days of losing vital business cards or forgetting who gave you what card and losing out on potential business or clients. This app lets you add new contacts to you phone in under 10 seconds and will even email them your own business card detail. If you use this app at events or conferences, it will automatically record that you met your new contact at that particular event.

* Free in Business for personal use (the professional version is \$2.99) in iTunes. For androids, a similar app to check out is CamCard (this one is free too).

3. Instapaper



Ever just wanted to save text from a webpage for reading later? This app allows you to do just that. It miraculously saves the text from almost any webpage and strips away all the layout, making it perfect reading for any iPhone or iPad. Probably the biggest advantage is it allows you to read information from a webpage while you're offline.

* \$5.49 in News for both iPhones and androids.

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AMY FENNA, THE CREDIT UNION CHRISTMAS PAGEANT QUEEN:

"At the moment, I love the Christmas Countdown app. When you love Christmas as much as I do, this time of year means it's time to start counting how many days until Father Christmas arrives. Then, I'm always checking out the Lonely Planet for travel app. I'm soon to embark on my third overseas trip in two years so I can't live without a good travel guide. Also, I'm climbing to Everest base camp in January, so I'm fascinated with all things Everest at the moment and the Everest app lets me keep track of what's happening at the base camp.

I'm also looking forward to the October launch of the The Credit Union Christmas Pageant app, which will feature a jingle your bells and clown me up function - I can't wait to download it!"



JODIE LUNN, BUSINESS DEVELOPMENT MANAGER FOR DEADLINE:

"Without doubt the app I use the most is the Twitter app. It is a one-stop-shop for me. I use it to keep up-to-date with latest news, to connect with colleagues, to get feedback and opinions. Whether it is work related or personal I can always find the answer on Twitter. It's certainly drains the most battery power on my iPhone.

"I also love Magic Closet, which is an app where you can use to take pictures of your clothes and it will pull the images together to create outfit combinations. And I can't go past Pocket Weather, which pulls the weather forecast from the Bureau of Metrology. Together they certainly makes getting dressed easy. Another app I use is iTorch4. It turns turns your phone into a torch. A very handy tool. I keep a photo diary by taking snapshots of my life using Instagram."



MEISHA WRIGHT, EYEBROW SPECIALIST AND STYLIST:

"One of my most favourite apps that I can't live without is Trendstop. I can view parades from around the world, it saves me having to be in-front of fashion TV or with a heavy pile of mags in my bag. It's brilliant for my buying direction and inspiration for current and future seasons for fashion, makeup and brows.

"I love Shazam. I never know the name of a song or the artist and love being able to catch a song that I am hearing in a bar or a boutique, I am often holding my hand in the air catching the tunes.

"I also can't live without Google Maps. It means no more excuses for being late because 'I'm lost' is an excuse of the past. I also use Map my Tracks. I run a few mornings a week and love keeping track of my kilometres, calories burnt and times to improve on."



MARY-KYRI PALLARAS, SHOE DESIGNER:

"There are three main apps that I can't live without. HeyTell is one of my very favourites, and reminds me of walkie talkies. With this app you can leave messages for your friends and it allows you to talk instantly. My husband and I play Angry Birds in bed at night to make us a little tired. I must admit the sounds and vocals of the birds are hilarious. We laugh every night. Then I love the Cooks Illustrated app, which is a quick source for finding recipes. I love it."

