

Pros and Cons of Health and Wellness Mobile Device Apps

Scenario: You have recently been hired as a group fitness instructor at a local health club. It is important to you that your clients achieve and fulfill their individual fitness goals. As a service to your clients, you will research three **free** health and wellness mobile device apps and present your findings.

| Name of health and wellness mobile device app | Description | Pros | Cons | Would you recommend the app? Why or why not? |
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