Check out our website!
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Use Technology to Stay Healthy

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**Disclaimer:** All screenshots in this document are taken from the following website:

- Lumosity section screenshots are taken from [www.lumosity.com](http://www.lumosity.com)
- Sworkit section screenshots are taken from [www.sworkit.com](http://www.sworkit.com)
- Loseit section screenshots are taken from [www.loseit.com](http://www.loseit.com)
Introduction: This tutorial will familiarize you with some technology tools that you can use to stay healthy.

Lumosity: Lumosity is a website offering brain games to help users train their brain through a series of fun games. The games help users in areas of memory, attention, speed, flexibility, and problem solving.

Creating an Account
- Visit www.lumosity.com
- Click on Get Started
- Select the aspects that you would like to focus on for each of the 5 areas (memory, attention, speed, flexibility, and problem solving) and click Next after each section
- Selecting all the aspects that applies to you will eventually lead you to the Sign Up page
- Fill out the information and click on Sign Up

How to use Lumosity
- Wait! Before you use the full range of the tool, you have to complete the Fit Test, which determines your brain strength level in each area
- The Fit Test will assess your brain’s Speed, Memory, and Attention through a series of fun games
• After completing your **Fit Test** you will be able to play the games. Each game level will be unlocked after completion of the previous level.

• You will be provided with a set of games every day and after completion of each day, you will be provided with statistics of your activities and results.

**SWorkit:** Sworkit is workout application available online and as a mobile app. This tool allows you to select from a variety of exercises available and time yourself. Sworkit can be downloaded to your computer, mobile device, and can be used online. The mobile app is available for Android, iPhone, and Kindle.

**How to use Sworkit:**

• Download the app, or visit the following website: [www.sworkit.com](http://www.sworkit.com)

• Before beginning, it is advisable to navigate and understand the tools listed on the Sworkit menu located in the upper left corner

• After becoming comfortable with these tools, it is now time to workout

• Click on **Try a Workout Online**

• Select your workout duration and the type of exercise that you would like to do
- You will be displayed with randomized exercises for the workout area that you selected

1. Click **Start** to start exercising
2. Click on the camera icon to watch a video of how to do the displayed exercise
3. Click on next button to skip to the next activity
4. View the remaining exercise time here
5. Click on **Sounds On** button to turn the audio on and **Transition Off** button to turn the transitioning to the next exercise feature off
6. Click on **Start Over** to start from the beginning
7. Upon completion of your exercise, you will be displayed with your workout summary
Lose It: LoseIt is a calorie tracking and weight loss application available both online and as a mobile app. This application allows you to add your daily diet and exercise and see how they affect your calorie buildup and usage.

Creating an Account
- Visit www.loseit.com
- Select Start Losing It
- Fill out the sign up form
- Click on Sign Up button
- Select the plan that you prefer; Basic (Free), Premium, or Premium Plus
- You are now ready to use the program

How to use Lose It
- It is advisable to familiarize yourself with the tools in the upper left corner
  - In the Home tab, you will be able to track your food intake and add exercises
- In the **Goals** tab, you will be able to track your weight and how much you are losing

![Goals Tab Image](image)

- In the **Reports** tab, you will be able to view a daily report of your calorie intakes and usage

![Reports Tab Image](image)

- By going to **Forums**, you can communicate with family, friends, or others who are interested in losing weight.
Useful Websites:

**The World's Healthiest Foods (www.whfoods.com):** Visit this website to read about various foods and their health benefits.

**Health Website (www.health.com):** Visit this website to read articles on various health topics including:

- Diet and fitness
- Foods & recipes
- Beauty & style
- And more…

Following are some helpful tools that can be accessed on this website:

- **Build you 5-Move Workout (www.health.com/health/wp/1,,20851161-abs,00.html):** Use this tool to select 5 workouts for an area of your body that you would like to work on and click print to print your customized workout plan.
- **Nutrition Search (search.health.com/nutrition-search.html):** Use this tool to search for recipes that support your diet.
- **Staying Healthy with Diabetes (www.health.com/health/package/0,,20854155,00.html):** This section displays tips for staying healthy with diabetes.

**MedicalNewsToday (www.medicalnewstoday.com):** Visit this website to read current news on health and medicine.

**WebMD (www.webmd.com):** Visit this website to view information on the following topics:

- Drugs and supplements
- Living healthy
- Family & pregnancy
- News & experts

This website also includes interactive tools on different areas such as pregnancy checklist, predict your child’s height, and more. Click on each menu item to view related tools for that section.

**National Institutes of Health (www.nih.gov):** Visit this website to stay updated with the current health news as well as obtain information on various health topics.

Visit the following webpage to view information on nutrients, healthy eating plans, healthy shopping tips and other useful information on smart food choices for a healthy aging: [www.nia.nih.gov/health/publication/whats-your-plate](http://www.nia.nih.gov/health/publication/whats-your-plate)