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Livescape Track your diet, Exercise and health by Anup

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Losing weight is not an easy job, if want to stay in shape and fit, you have to be so disciplined

and dedicated. Everybody knows that for losing weight you have to burn your calories but the main problem is here to calculated the calories, you are burning and gaining daily. Well, its not quite tough though, just have the livescape windows app and it will doing all the calculations for you.

Livescape is an activity and nutrition Application published by Logan Mueller.

Previously it was known as Life Tracker. It is an awesome application.

Which can track all your health activities, your diet, measures calories consumed, tracks your

exercise and gives data for burnt calorie during exercise, counts your foot steps and gives you the

map of your exercise session.

Features-

GPS tracking and logging details for your health activities.

Pedometer facility with tracking of the Distance traveled and Burnt calories.

You can check out the healthy recipes and nutrition facts from web.

Use OCR to scan the nutrition facts

Track your food consumption, from foods to drinks every thing.

Calculates body mass, Lean Mass, and Fat Mass using your Waist, Hip, and Neck measurement details.

Tracks your Blood Pressure, Glucose level, Body Weight, Mood, Stress, and body Measurements.

you can set your weight goal to get fit and get reminders about that.

Share your Activities and data with your friends on Facebok.

Synchronize with a wireless weight scale, body composition reader, or blood pressure cuff using HV (Microsoft HealthVault) to track all the health data.

Can track ailments like different allergies, headaches, fevers, flu, and body cramps

Calculates BMI and BMRYou can create multiple profiles for multiple people.

Backup and Restore facility is also available.

This Application is available in Windows Market place at a price of $4.99 or you can also try the facilities by a trial version there.

The Application is available in only English language with a size of 4MB for Windows 7.5.

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