

# Tuesday Tech Tidbits

Mrs. Lemon's weekly technology newsletter.



“Save your thoughts wherever you are”  
with Google Keep.

**Google Keep** is a note-taking, task management tool that is available as an app or by website. It lets you easily add notes, lists, photo's and audio to keep.

Google Keep can be used whenever you need it. “Need to remember to pick up some groceries? Set a location-based reminder to pull up your grocery list right when you get to the store. Need to finish a to-do? Set a time-based reminder to make sure you never miss a thing.”

**To watch a short youtube tutorial, click here:**<https://youtu.be/MKXC6nFA7z8>

An article by Alice Keeler takes using Google Keep one step further by showing how you can send your notes, lists and more to Google Docs.

Read the article here: <http://goo.gl/0q37NV>

## 5 Good Health & Fitness Apps for Students

-Richard Byrne

In this article, Richard Byrne explains 5 apps to use to help teacher health and fitness.

**Chew or Die** is a free app that encourages people to try new healthy foods.

**Sworkit** Kids a free app designed to get kids moving with short, fun exercises.

**Space Chef** is a free iPad app from the Lawrence Hall of Science. The purpose of the app is to introduce students to healthy foods and recipes that they may not have ever tried or even heard about.

**Monster Heart Medic** is another free app from the Lawrence Hall of Science. The app is designed to help students in elementary and middle school understand how the cardiovascular system is affected by diet and exercise.

**Arthur Family Health** is a free resource from PBS Kids. Arthur Family Health is designed to help parents, teachers, and students learn about common health challenges children face. Through videos, games (online and offline), and data sheets visitors to Arthur Family Health can learn about asthma, allergies, nutrition, fitness, and resilience (dealing with tragedies).

Read the entire article here: <http://www.freetech4teachers.com>