

## A Smartphone Can Be A Smart Way To Get Organized

(NAPSA)—Any time of year can be the right time to take a self-inventory and identify changes we would like to make.

For some, it's embracing a healthier diet; for others, it's a new workout routine or balancing their checkbook. The good news is that with the latest smartphone technology, chances are there really is an app for that—and possibly even on a 4G system.

Since 4G can be up to 10 times faster than 3G, the apps that really take advantage of 4G capability include those that are data intensive, such as video chat, live streaming video, and music and gaming.

Here are some useful applications that are easy to download and are designed to help you meet five common goals. Remember, some apps are designed to be used on certain phones and not others.

### Manage Your Money

- **Mint.com Personal Finance:** An easy way to manage money on the go, this Android app lets users see all their accounts in one place—all for free.

- **Sprint Mobile Wallet:** This app gives users an easy, secure way to buy physical and digital products using their Sprint phone. Customers use a universal PIN to make purchases easily using their Visa, MasterCard and Amazon Payments accounts at participating online merchants, right on their phone. Sprint Mobile Wallet is available to download through Sprint Zone on most Sprint phones.

### Get Fit

Whether hitting the gym or pounding the pavement, these Android apps are designed to help you get active and get in shape.

- **CardioTrainer:** Whether they choose to break a sweat indoors or outdoors, users can take advantage of this app to track walking, running, biking and other activities. It features a pedometer, calorie counter, music player, schedule and reminders and more. Users can also set up and follow a two-month fitness routine, and even stake some money to be donated



**Whether you are trying to do a better job of managing your money or want to get organized or go green, chances are there is an app and a 4G network to help you.**

to charity if they don't meet their goal. It's available for Android phones.

- **Instant Heart Rate:** By placing their finger gently over the camera lens and holding it steady for 10 seconds, users can see their heart rate and keep track of how well that workout is working no matter where they are.

### Get Organized

Save time and keep organized on the go with Sprint phones such as HTC EVO 4G, Samsung Epic 4G and BlackBerry Style. These phones can regularly sync contacts, calendar and e-mail with the user's business and personal accounts. Downloadable apps for Sprint phones provide additional organization features:

- **Astrid Task/To-do List:** This to-do list/task manager is designed to help users get stuff done. It features reminders, tags, sync, a widget and more.

- **Springpad:** Users can save the things they want to remember with this app, including notes, tasks, lists, wines and recipes. Users can scan barcodes, take photos and search nearby places. The app automatically organizes and enhances what users save with useful links and relevant news and offers and then syncs with springpadit.com for univer-

sal access. Available for Android and BlackBerry smartphones and through GetJar for basic phones.

### Keep in Touch

These days, there are more ways than ever to keep in touch with loved ones, no matter how much distance separates them. Of course, there's text messaging, picture mail and social networking on Sprint phones. For anyone who's already a pro at those, there's now a whole new option: video chat.

In fact, in a recent survey of well-known movie, TV and sports stars, Sprint found that many celebrities are looking forward to using video chat to keep in touch with friends and family. For example, Vanessa Williams, currently starring in ABC's "Desperate Housewives," said clear and reliable video chat "would be an awesome feature for a cell device!" and expressed a desire to mobile chat with her "daughter in college to stay connected at any given time." Amanda Beard, Olympic champion swimmer, said, "If I could video chat with anyone in my phone, it would be my son. I really get sad when I have to leave him even for a day, so it would be nice for him to see me and I him."

There are two programs available for the HTC EVO 4G and the Samsung Epic:

- **Fring:** This app allows free two-way video calling over 3G, 4G and Wi-Fi.

- **Qik:** Users can see and hear each other with two-way live video chats over 3G, 4G and Wi-Fi, plus record and share videos with friends, family and social networks with this app. All videos are stored to the users' account at qik.com.

### Go Green

- **Wireless Recycling:** When you purchase or upgrade to a new device, remember to responsibly recycle old/unused wireless devices through a trusted take-back program.

To learn more, go to [www.sprint.com/responsibility](http://www.sprint.com/responsibility) or follow @SprintGreenNews on Twitter.