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Media Platforms Design TeamDon't have time to flip through a newspaper, but want to still be in the know? You're not alone.According to The Pew Research Center, more Americans are turning to digital outlets over newspapers, radio and even TV for their news. Every day, there are more and more apps and services designed to consolidate the latest news into easy-to-consume digital editions.One recent one, Facebook's Paper app, has been getting a lot of buzz. It's beautifully designed, and provides the best from your personal Facebook News Feed as well as news from other categories, including top headlines, technology, pop culture and sports.The release of Paper set me forth on a mission: to find the best news aggregator for you! What I found was the best services offer great content that is personalized and efficient to your needs. Here are a few I would recommend:High Design: Paper (free app) Besides for being visually pleasing, Facebook's Paper app is great for exploring stories from your friends and news from around the world on your favorite topics. Currently, Paper offers content curated by their editors, so you may get a lot of news from their favorite publishers like Time or The New York Times. Be careful if you're already spending too much time on Facebook, this may pull you down the rabbit hole even more!RELATED: The Apps You Need to Keep Up with All Things OlympicsA Personalized Approach: Flipboard (free app) This stunningly visual app is better at giving you control over the content you view. You can determine which sources you want, and hone in more closely on topics that interest you. It's provided in a magazine-style layout, so it feels organized and lets you be your own editor in chief.Smarter Discovery: Zite (free app) Zite has an impressive learning algorithm behind it, so the more you use it, the more attuned it becomes to your tastes. While reading, you gives stories a thumbs up or thumbs down, so after a while you'll see more of what you want. You might end up with so much that you want to read that you won't have time to get to it all. Try an app like Pocket to save content for offline reading later.RELATED: Top Organization Apps to Get Yourself Sorted OutComedic and to the Point: The Skimm (free daily newsletter) Missed the water cooler chat for the day? No worries — the duo behind the Skimm offer up cocktail-worthy discussion topics in easily digestible, conversational tones. You'd think you're chatting with your best friend, but you're really getting the latest news highlights from former NBC News producers.One and Done: Yahoo's News Digest (free app) If you don't want to take the time to pick categories or choose your sources, Yahoo's News Digest does it for you. There is no customization, just a straight feed of what they deem the most important stories of the day. Twice a day, you are presented with about 10 news stories chosen from a hybrid algorithm, editorially curated approach.It seems as though a new news aggregator is popping up every day — pretty soon we'll need an aggregator to aggregate all of them!TELL US: How do you keep up on the news?Rachel RothmanChief Technologist & Executive Technical DirectorRachel Rothman (she/her) is the chief technologist and executive technical director at the Good Housekeeping Institute, where she oversees testing methodology, implementation and reporting for all GH Labs. She also manages GH's growing research division and the analysis of applicants for the GH Seal and all other testing emblems. During her 15 years at Good Housekeeping, Rachel has had the opportunity to evaluate thousands of products, including toys and cars for GH's annual awards programs and countless innovative breakthroughs in consumer tech and home improvement. No new notifications You'll get updated when important things are happening, and when you engage with our community. Media Platforms Design TeamYou've watched the commercials and seen Apple conquer the world of things without apps one mission after another. So, in light of this app-filled world, Men's Health (and our readers) started thinking: What isn't there an app for?Here are 6 apps that we wished existed—and a few that, once we searched hard enough, we found actually do exist! What Is That?Snap a photo of that weird/gross/confusing rash/infection/fungus and this app will analyze your picture, spit out a possible diagnosis, and how to treat it.@MensHealthMag #MyHealthApp what would be nice is if you take a picture of the food in front of you, it tells you how many calories it is.— corporatedude (@corporatedude) January 9, 2012 You're Doing It Wrong Designed to save you back and knee pain, this app will operate much like the Nike Golf Swing Analyzer—except for the gym. Film yourself doing a deadlift, pushup, or bench press and this app will point out all that is wrong (plus how to fix your mistakes). Unfortunately not included: How to hit on the girl doing yoga.More from MensHealth.com: The 25 Best iPhone Apps for MenThe Nap-inator After answering a questionnaire that analyzes what puts you to sleep most quickly (Bob Ross paintings, Brian Eno music, or Planet Earth documentaries), this app will create a knockout effect that plunges you deep into an instant power nap. @MensHealthMag An App outlining all the vitamins/minerals present in my diet, so I can ensure that I'm getting a proper balance #MyHealthApp— Seán Reilly (@TheReillyDude) January 9, 2012 Interval InterruptionsOnce activated, this app will announce an interval workout over whatever music you're listening to—no special playlist required. It'll give you an interval timing the same way the iPhone interrupts your music for a phone call. (iWorkoutMuse Pro is the closest thing we've found.)Here are the real apps we rushed to download the second we heard about 'em: MapMyRun A runner's must. This app maps your run—and so much more. A simple download and you'll be able to track not only your distance, but your pace, calories burned, and elevation. See an activity feed of your friends' workouts, search a database of over 26 million running routes, and even get voice prompts as you work out. (Related: Watch our interview with the MapMyRun founder.)Fitness VTC Bodybuilder Jay Cutler and his team become your personal trainers with this app—without the hourly fee. Check yourself against exercise videos of Jay demonstrating the moves, and figure out ingredients for the healthiest postmeal workout. You can create a custom 30-day workout plan—with meals included—and update personal stats on the go.SitOrSquat Bathroom Finder We've all been there. This app doesn't just find the nearest bathroom, it makes sure it's open, shows reviews, and sometimes shows pictures of the toilets in the bathroom. It's also got all the dirt on the bathroom's features—like which ones have a condom vending machine.Tons of Useful Apps! Click here to view all of the Men's Health apps—our groundbreaking iPad edition, Eat This Not That!, MH Workouts, and Jimmy the Bartender.Cassie ShortsleeveFreelance WriterCassie Shortsleeve is a skilled freelance writer and editor with almost a decade of experience reporting on all things health, fitness, and travel. A former Shape and Men's Health editor, her work has also been published in Women's Health, SELF, Runner's World, Men's Journal, CNTraveler.com, and other national print and digital publications. When she's not writing, you'll find her drinking coffee or running around her hometown of Boston.

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