

FITNESS

WORKOUTS

NUTRITION

MINDFULNESS



Essential Wellness Apps

For A Healthy Mind and Body

Maintaining a balanced lifestyle that includes working out, eating fruits and vegetables, and finding time to meditate is harder than it seems.

We've sorted through some of the top wellness apps to find the best options to track your diet, work out, and feel happier overall.

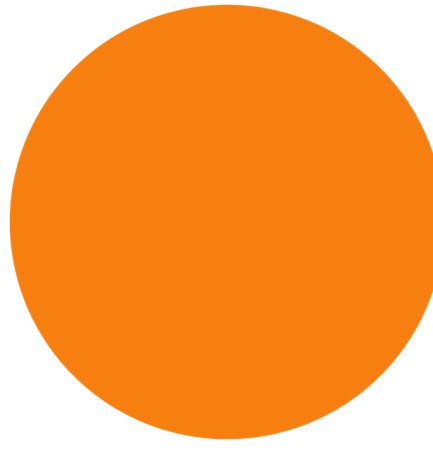


Click on the app logo, android or apple icon for further information

SWORKIT   

Free with in-app purchases

A collection of customisable workout videos. Get into amazing shape with this at-home and on-the-go workout system.



HEADSPACE  

Free with in-app purchases

The Headspace app offers a variety of mini guided meditation sessions, including those aimed to help you sleep, relieve anxiety, and manage stress.

MY POSSIBLE SELF   

Free with in-app purchases

Use the simple learning modules to take control to manage fear, anxiety and stress and tackle unhelpful thinking.



FOODUCATE  

Free

Eat tasty, healthy, real food. Track your calories, macros, and workouts. Lose weight and keep it off with bespoke recommendations based on your diet.

STRAVA   

Free with in-app purchases

Turn your phone into a sophisticated cycle or running tracker, bench mark your performance against other Strava users and compete in monthly challenges and leader boards.



JETFIT  

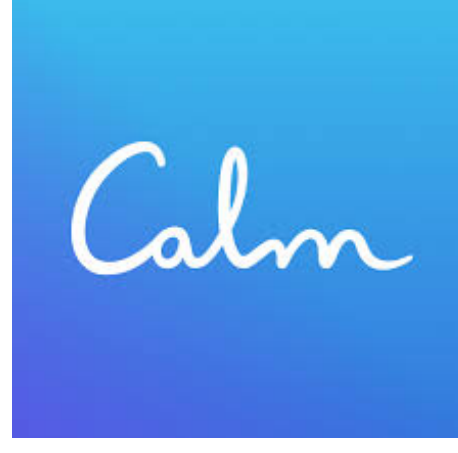
Free with in-app purchases

With over 1300 exercise videos, intuitive tracking tools and cross platform synchronisation, Stay fit, make progress and get the most out of your gym or home fitness sessions.

CALM   

Free with in-app purchases

Recommended by top psychologists, therapists, and mental health experts, Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.



HAPPIFY  

Free with in-app purchases


Struggling with everyday challenges can be toxic. Improve your emotional wellbeing, reduce stress, overcome negative thoughts and build greater resilience using Happify's science-based activities and games.

YUMMLY   

Free

This smart cooking side kick offers you a range of personalised meal ideas. From recipe recommendations just for you, to shopping lists and helpful videos.



FITBIT  

Free with in-app purchases

Get the coaching you need to build healthier habits. See your trends, track your progress and connect with friends to stay inspired on your fitness journey.

COUCH TO 5K   

Free

Using a mix of running and walking, this program turns couch potatoes into 5k heroes in just 9 weeks. So grab your trainers, download the app and follow the simple step-by-step instructions. It's as easy as that!



LUMINOSITY  

Free with in-app purchases

Train your brain and learn how your mind works with fun and interactive cognitive games. Follow daily training programs and compete for high scores.

MOOD TOOLS   

Free with in-app purchases

If you're feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.



SAM  

Free with in-app purchases

SAM is a friendly app that will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

MY FITNESS PAL   

Free with in-app purchases

Whether you want to lose weight, tone up, get healthy, change your habits, or start a new diet MyFitnessPal has you covered. Keep track of what you are eating from a database of over 6 million foods.



MAP MY FITNESS  

Free with in-app purchases

Whether you're new to the weight room, or a seasoned weightlifter, you'll find the features and tools needed to stay on track and motivated to hit your goals. Manually log over 600 types of exercises and see your trends through rich data insights.

FITBIT COACH   

Free with in-app purchases

Fitbit Coach makes it easy to get and stay in shape with dynamic workouts that continually adjust to your feedback, goals, and capabilities -- just like a personal trainer!



SLEEP TIME  

Free with in-app purchases

Wake up calm, refreshed, and well rested every night. This sleep guru and sleep timer will determine your sleep patterns to calculate the perfect moment for you to wake up each morning.

STOP, BREATHE & THINK   

Free with in-app purchases

This award winning app will help you find peace anywhere. It allows you to check in with your emotions, and recommends short guided meditations, yoga and acupressure videos, tuned to how you feel.



NOOM COACH  

Free with in-app purchases

Whether it's emotional difficulty, cravings at mid-day, or a sweet tooth, this app will handhold you through the process of losing weight, helping you to form healthy eating habits, faster.

ENDOMONDO   

Free with in-app purchases

Get the most out of your runs, walks, rides, and other workouts with one of the highest rated fitness apps. Track your workouts using GPS and analyse your stats to reach your fitness goals.



7 MINUTE WORKOUT  

Free

For those that lack the time to exercise, this Johnson & Johnson app boasts multiple 7 minute fitness routines that utilise bodyweight, chairs or walls for quick high intensity workouts.

ELEFRIENDS   

Free with in-app purchases

Whether you're feeling good right now, or really low, this supportive online community from the mental health charity Mind is a safe place to listen, share your experiences and be heard.



DAYLIO  

Free with in-app purchases

Daylio is a micro-journaling app for tracking daily moods and activities with statistics that will help you to understand your habits better. Keep track of your activities and create patterns to become more productive!

WATERLOGGED   

Free

Feel like you're not drinking enough water? This accurate tracker app will help you keep tabs on your water intake with charts and reminders to keep you going.



CHARITY MILES  

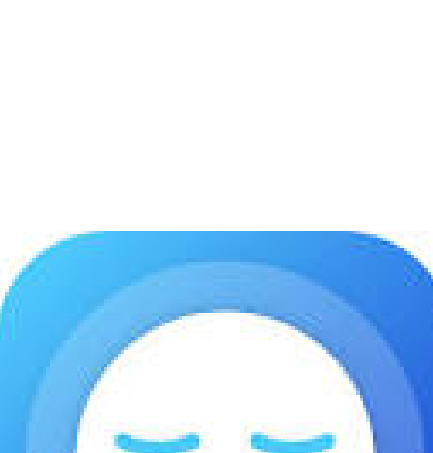
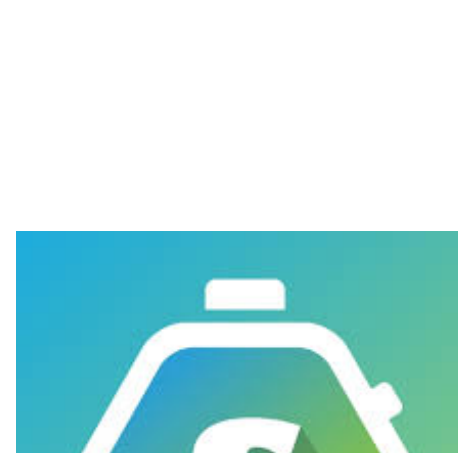
Free

Moving with purpose will inspire you to move more. Join the Charity Miles community where you can earn money for charity when you walk, run or bike - helping others and yourself at the same time.

WORKOUT TRAINER   

Free with in-app purchases

This app is just like having a personal trainer in your pocket! Let certified trainers guide you through every exercise with timed step-by-step audio, photo, and video instruction.



MINDSHIFT  

Free

MindShift uses scientifically proven strategies based on CBT to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

SMART RECIPES   

Free

This free app from Change4Life is an easy way of helping you prepare tasty, healthier meals the whole family will love. Remembering ingredients and keeping track of portion sizes can be a hassle. But don't worry, the Meal Mixer will take care of that for you!



ADIDAS RUNNING  

Free with in-app purchases

Ready to start your running and fitness activities? Then lace up your running shoes and track distance, time, speed, elevation, calories burned and other stats with the adidas Running app. Whether you want to aim for distance, duration or frequency, your personal goal is all about you.