

Apps for Health

Whether you are looking for some fitness ideas while under lockdown or just want to look after your health, here are a selection of free apps to download. The apps listed are all free, although some may contain In-App purchases.

	Smiling Mind This is a meditation program developed by psychologists and educators to help bring mindfulness into your life. Free
	MyFitnessPal Take control of your goals. Track calories, break down ingredients, and log activities. Free
	Couch to 5K Couch to 5K is a running plan for absolute beginners. It was developed by a new runner, Josh Clark, who wanted to help his 50-something mum get off the couch and start running, too. Free
	Change4Life Food scanner Change4Life is here to help your family be healthier and happier. Find out more about what's really in the food your family eats. Free
	Nike Training Club Get lean and fit over 6 weeks with a balanced plan that builds endurance. Free until further notice
	Simply Yoga Fitness Trainer Yoga Poses & Workout Routines. Your own personal yoga instructor wherever you are. Free