

## 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.

	<p><b>Smiling Mind</b> This is a meditation program developed by psychologists and educators to help bring mindfulness into your life. Free</p>
	<p><b>MyFitnessPal</b> Take control of your goals. Track calories, break down ingredients, and log activities. Free</p>
	<p><b>Couch to 5K</b> 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</p>
	<p><b>Change4Life Smart recipes</b> The Smart Recipe app from Change4Life is an easy way of helping you and your family eat tasty, healthier meals the whole family will love. Free</p>
	<p><b>Change4Life Food scanner</b> 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</p>
	<p><b>Nike Training Club</b> Get lean and fit over 6 weeks with a balanced plan that builds endurance. Free until further notice</p>

	<p><b>NHS iPrescribe Exercise</b>                  The iPrescribe Exercise app creates a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information.                  Free</p>
	<p><b>NHS Student Health App</b>                  The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated. Use the app to reduce your worries, feel more confident and get the support you need.                  Free</p>
	<p><b>Simply Yoga Fitness Trainer</b>                  Yoga Poses &amp; Workout Routines.                  Your own personal yoga instructor wherever you are.                  Free</p>