

10 Apps for your Health

Have you ever needed new workout ideas, recipe readers, or relationship advice? There's an app for that! Explore these 10 apps for your health and find which ones may help you reach your fitness, diet, mindfulness, or mental health goals.

Fitness

1. **Couch to 5K** – A great app for people who want to try running. It has a great 8-week program where it gives you 3 workouts to try.
2. **Zombies, Run!** – If you really need a kick in the butt to get moving, this app will be motivating and a ton of fun! You'll be collecting supplies and saving yourself and your community from Zombies!
3. **FitNet** – This app is perfect for those people who do not have access to a gym or time to go to one. You can choose different workouts for arms, legs, core, and more with one touch of a button.

Food

4. **Fooducate** – You can scan barcodes and find out how healthy all of your groceries are with this app! It also tracks sleep, mood, and hunger levels and gives you feedback to help you meet your health and fitness goals.
5. **SideChef** – This app will make it so much easier to follow your cooking recipes! It speaks the recipes out loud to you so you'll never have to touch your screen with sticky fingers again.
6. **MyFitnessPal** – This is the most popular app on the market for health and wellness. It has a huge catalog of food and nutrition facts AND great workout ideas.

Brain and Mind

7. **Happify** – This app helps people manage their stress and remember to breathe. If you want to learn more ways to handle anxiety, this app is for you.
8. **Relationup** – You finally have an alternative to calling your mom to tell her about your relationship trouble! Relationup works through you when you are struggling in any type of relationship.

Overall Health

9. **Start** – Sometimes it's hard to overcome feelings of depression. Start can help you balance your thoughts, medications, and their side effects.
10. **My Calendar** – Ladies, this app is a menstrual tracker calendar where you can chart your cycle and all of the side effects that come with it.



ANDROID

