

Useful Apps

Calorie and Nutrition Counters



MyFitnessPal

Meal tracking app, includes calorie and nutrient tracker, food diary, barcode scanner and more.



Calorie Counter +

Calorie counter of UK foods that can scan barcodes, track nutrients and link to your activity tracker.



Carbs & Cals: Diet & Diabetes

Visual carbs and calorie counter. Contains food photos to help you get your portion sizes right.

Healthy Recipes



Easy Meals

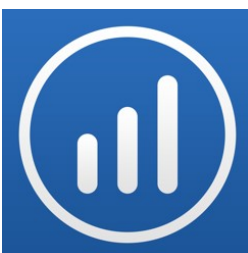
Developed by Public Health England. Provides easy meal ideas to help you cook and eat more healthily.



Mealime Meal planner

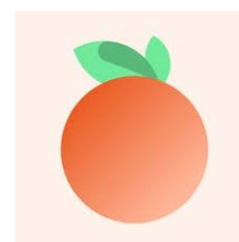
A way for you to plan meals by yourself, or for the family or to batch cook. With a variety of dietary criteria available to make it suit you

Setting Goals



Strides

Pick goals, set targets and create regular habits. This app helps you to track goals on a daily, weekly and monthly basis. Only available on IOS/iPhone.



Tangerine

Habit, mood and journal tracker. Form habits but tracking the goals you set each week.

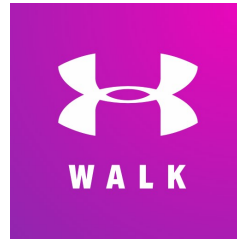
Useful Apps

Physical Activity



One You Active 10 Walk Tracker

Tracks your walking and shows you how to increase your intensity to benefit your health.



MapMyWalk

Tracks your walks and displays your route on a map. Can be connected with MyFitnessPal to compare calorie intake and burn.



Daily Yoga: Workout & Fitness

Provides various guided classes to fit your goals. Includes beginners classes and more advanced classes.



One You Couch to 5k

An easy to follow running programme provided by the NHS that can be completed in 9 weeks.



Strava

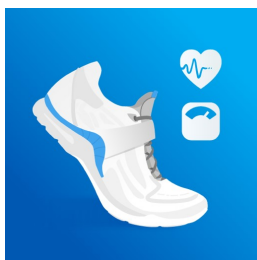
Tracks fitness activities such as walks, runs and bike rides. Option to join online groups and challenges.



Just Swim

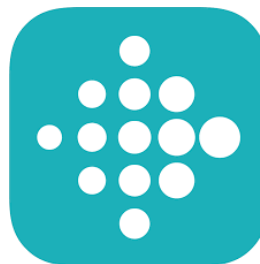
Goal setting app to help you get a little fitter in the pool. Choose challenges and keep a diary of your swims.

Pedometers (Step counters)



Pacer

Activity tracker, step counter and more. Track your steps 24/7. You can connect with friends and family and create walking groups.



Fitbit

You don't actually need a Fitbit tracker to use their app! This app tracks your steps and allows you to log your food and hydration each day.



GoogleFit

Tracks steps and monitors your physical activity. You can set fitness goals and connect Google Fit with other apps

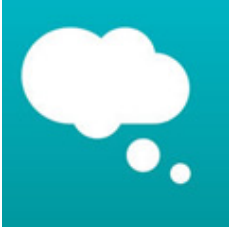


Health

This app is usually already on your smartphone as a standard. Tracks steps, walking distance and can be used to monitor your weight.

Useful Apps

General Mental Wellbeing



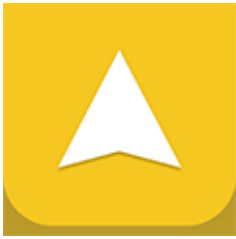
Catch It

For anyone who struggles with feelings like anxiety, depression and anger. It uses CBT to help change the way you think about things.



My Possible Self

Record experiences and track your symptoms to better understand your mental health. Information on managing anxiety, stress and unhelpful thinking.



Stress & Anxiety Companion

Helps you handle stress and anxiety on-the-go with breathing exercises, music and games. Uses CBT to help you transform negative thoughts into positive ones.



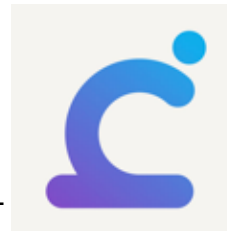
Pzizz

Helps you to quickly calm your mind, fall asleep fast, stay asleep and wake up refreshed. Uses voiceover narrations based on clinical sleep interventions.



Big White Wall

An anonymous online community for people who are stressed, anxious or feeling low. Includes round-the-clock support from trained professionals.



Calm Harm

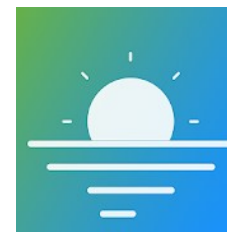
Based on the principles of DBT, encourages users to distract themselves from urges to self-harm and helps to manage their "emotional mind" more positively.

Mindfulness



Smiling Mind

Has programmes that are designed to help people dealing with pressure, stress and the challenges of daily life.



Velindre Mindfulness App

Intended for anyone who may benefit from mindfulness exercises to improve mental health and wellbeing.



Insight Timer

Guided meditations and mindfulness talks. Choose from categories such as Stress & Anxiety, Sleep, Health and Happiness and more. Contains 32,000 free meditations.