

## App-solute wellbeing!

Smartphones and tablets are slowly but steadily changing the way we look after our health and fitness. Today, many high quality mobile apps are available at the touch of a button thanks to the numerous health apps available to help motivate, relax or unwind.

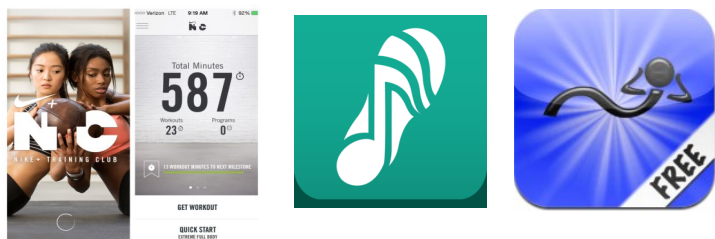
This newsletter features researched top apps for fitness, wellness, health, and food and drink.

### Fitness

The University of Edinburgh's Sport and Exercise gym uses a Preva, it allows you to track your fitness progress at the gym and away from the club.



You can log in, set fitness goals, track progress, earn reward badges and save your favourite workouts. Sport and Exercise gym uses wristbands to make the process even simpler. (Preva research shows that setting and tracking a weekly goal using Preva leads users to work out up to four times more often than those who don't have access).



**Nike training club (FREE)** – 60 workouts ranging from 15 minutes to an hour

**Daily Ab Workout app (FREE)** – etrainer to keep you motivated

**Tempo Run (£1.99)** – Scans your music library to suggest the right tunes for you run. Researchers say that you can burn up to 15% more calories when listening to the right music without realising it!

**Map My Run (FREE)** – Runners, walkers, cyclists, log your pace; distance; calories; plus you can plan and track routes you've just completed.

**30 Day Fitness Challenges (£1.99)** – Workout program for your arms, core and legs. Inside each section are 20 challenges, each one tailored by and expert and lasting 30 days. The app handily reminds you when you need to exercise and with challenges lasting 1-5 minutes - good when you "don't have time excuse".

**Daily Cardio Workout (FREE)** – Daily Cardio Workout – real time videos so you know to keep going as the etrainer works out with you from the comfort of your own home, no equipment necessary, plus you can use your own playlist for extra motivation.

**Zombies, Run! - £2.49 (iOS), £2.99 (Android)** - A unique app that infuses fitness with fear as you try and run away from a tribe of zombies in your headphones. Use while you're on the treadmill or when you are pounding the pavements outside. As you slow down the noises of the zombies will increase, your only chance to safely get away is to run faster!

**Nike + Running (FREE)** - Whether you're just running on the weekends to keep fit or if you're in serious training for a marathon. There is also a built in coaching programs if you are training for a specific event – great for motivation and a FREE plan!

**7 Minute Workout, (FREE - additional workouts for £0.69 each)** The app vocally guides users through a different exercise every 30 seconds with a 10 second rest between each one.

**Couch To 5k/10K (FREE)**  
It starts off slow so you don't give up and get back on the couch. Users begin by mixing walking with running and gradually build strength and stamina.

**Speedo Fit (FREE)**  
Set and track swimming goals, improve your technique and follow challenges to keep you motivated.

**Jefit Workout (FREE)** – 1300+ unique exercises with descriptions and animations and ability to create personal workout routines.



## Wellness

**My yoga** - You can access hundreds of yoga classes from some of the best teachers in the world. Whether you are a beginner or advanced, you will find plenty of classes to suit your needs. They also have many on-line classes in their very popular website, if you prefer a bigger screen.

**Meditation Spa** - This app de-mystifies meditation and makes it easy and accessible. It includes several quality recorded full-length guided meditations that make it simple to get started.

**Yoga studio (£1.49)** – Choose from more than 16 hours of videos and 260 moves with filtering levels and duration.

**Headspace (free)** - is your very own personal trainer, here to help you train your mind. This is a great app to have in your pocket between lectures or after a stressful day at work.

**Stop, breath and think** - offers a solid sampling of the basics of meditation, featuring a range of exercises at varying lengths—ideal for short practices at work or long sessions at home.



**SleepCycle (£0.69)**— Sleep Cycle uses your phone's accelerometer to measure movement in bed and pinpoint REM cycles, so it doesn't wake you up when you're in deep sleep (within half an hour of your selected alarm)

**Glow (FREE)** - For Ladies, this is the perfect app to get more in tune with your body (and specifically your menstrual cycle). Glow is a super sophisticated ovulation calendar that tracks ovulation, mood, symptoms, and even medications to help pinpoint your next period, whether you're attempting to get pregnant or trying to avoid it.

**Smoke Free (FREE)** - Science built app with 20 years evidence based techniques to help you become and stay smoke free. Log your cravings and get tips on dealing with them; see how much money you save and be inspired by watching your health improve daily!

## Food and Drink

**MyFinessPal - Calorie Counter & Diet Tracker (FREE)** – a brilliant way to keep on top of your calories in and out. It has thousands of foods to choose from in the food diary from 'scrambled eggs' to 'Pizza Express Pandana Pizza' and if it's not there you can scan barcodes to keep on the right path, as well as logging your physical activity.

**Foodplanner (FREE)** – organises all of the healthy recipes you've uploaded yourself or downloaded from other sites and compiles a shopping list of the ingredients you'll need.

**Waterlogged (FREE)** – Set your daily goal for water intake and tap the bottle icon to track your sipping habits, it will send reminders if you've not been drinking enough.

**Drinkaware (FREE)** – Calculates units and calories, re-view your drinking patterns over time, set your own goals and get support at the times and places where you need it the most.



**My Fitness Pal**



There are so many apps and so many variations of to help motivate and track your health.

If you have any specific apps that you use and would like to recommend to others please let us know via email [spaprog@ed.ac.uk](mailto:spaprog@ed.ac.uk)

Or on our Facebook Page: [www.facebook.com/University-of-Edinburgh-HealthyU](http://www.facebook.com/University-of-Edinburgh-HealthyU)



Apps for Health



**SPORT & EXERCISE**



**SUPPORT FOR PHYSICAL ACTIVITY**