

Apps For Physical Wellbeing

Couch to 5k



Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. The app builds you up gradually with a mix of running and walking. All you have to do is choose one of our four famous trainers and let them guide and motivate you through each session.

Smart Recipes



The FREE Smart Recipe app from Change4Life is an easy way of helping you prepare tasty, healthier meals the whole family will love.

Seven – 7 Minute Workout



For those who want to get in and out fast and effectively, this app not only builds tightness and tone but keeps you honest. All you need is a chair, a wall and your own body weight to stay fit in seven minutes a day. Skip a day and you lose a heart, miss three workouts and your progress resets to zero. To increase motivation you can earn rewards, set up daily reminders, track your progress visually and share your success.

Sworkit Fitness



Another popular app for which you don't need a gym. Sign up with your weight and age and tell Sworkit whether you want to focus on cardio, strength, stretching or even injury recovery, and it will deliver workout choices. A no-brainer for those who want a personal trainer without the cost or the commitment.

Yummly



Yummly is thorough in its initial assessment – tell it your favourite cuisines, any foods you don't like, those you do, and more – and it will give you only delicious, uncomplicated recipes you can use.

Drinkaware



A way to make sure you stay on top of your wellness when it comes to drinking. The app comes with trackers and tools such as the unit & calorie calculator and the alcohol self-assessment tool so you can review your drinking patterns, set goals and become more aware of the units you are consuming. The app

can also record the money spent on alcohol - consider yourself warned.