

DIGITALIZE YOUR HEALTH

DIGITALIZE YOUR HEALTH

Over 3 billion people own a smartphone today, with access to thousands of mobile application and podcasts.

Health and wellbeing has become the focus for many. It's no surprise health and wellness mobile applications and podcast use has doubled since 2015. Fitness and tracking mobile apps are the most prevalent wellness apps to download according to research, followed by medical symptom checkers and life coach apps.

If you are looking for digital ways to get in tune with your health; apps can be easy way to do so. When used correctly, they can be beneficial and educational in reaching healthy goals. With over 318,000 health and wellness apps currently available, it is important that your app is credible and encourages healthy behaviours, without obsession.

If this is an area you want to delve into further we have selected a few apps for you to consider.

We have researched accredited health and wellness apps, endorsed by recognised organisations and us.

HEALTHY EATING

Apps can be a convenient way in educating yourself about seasonal foods &/or cooking skills. Apps can also provide you with a selection of diverse recipes ranging from quick and easy to the more demanding for the culinary talented amongst us.

There are hundreds of great apps – here are a few, but by no means the only ones have we recommended;



In Season eat better, shop smarter:

A useful app to help you establish what fruit and vegetables are in season depending on your location, enables you to create a shopping lists and research recipes.

Available for free on iOS and google play store.



Libro:

A recent app lunched by Nutritics; a professional nutrition analysis software. The app can help you in analysing your diet, meal planning, enables recipe share and exercises tracking. It also provides you with a detailed macronutrient and micronutrient break down which can further educate you on the health of your diet.

Available for free on iOS and google play store.

EXERCISE

Using apps can help you to commence, maintain or develop your activity levels and also keep track of your progress. With workout apps accounting for 73% of all health & fitness app there is something for everyone, from Pilates to dance fit, from boxing to running coaches, from 15 or 60 min sessions at a variety of fitness levels, below are just a few that we endorse;



Nike Training Club

Provides you with workouts for strength, endurance or mobility with sessions ranging from 15-45 min that also includes yoga to High Intensity Tactical Training workouts (HITT).

Available for free on iOS and google play store.



One You Couch to 5K

An easy to follow programme, perfect for those new to running and need some extra support and motivation along the way to get up and get started.

Available for free on iOS and google play store.

LIFESTYLE

Developing good habits can help you achieve desired health goals. Using wellness or motivation apps such as listed below may assist you with your goals to kick the smoking habit or help reduce alcohol intake.



Smokefree

Smoke free is an app to support you in quitting smoking, providing you with daily tips on coping strategies and craving. As an added benefit it will tell you how much money you've saved, as well as indicating health changes that accrue after giving up smoking, offering insights into the improvement of blood pressure, oxygen and carbon monoxide levels, circulation, even breath, gums and teeth health, your sense of taste and smell, and your energy levels. It can even tell you how your disease risk falls over time.

Available for free on iOS and google play store.



Dry Days by AlcoChange

This app helps you to track and reduce alcohol consumption, providing you with tips and tricks, and tells you how much you have saved and how many units you have cut down.

Available for free on iOS and google play store.

Apps are a great way to help you achieve your health related goals. However if you are worried about your health, please seek advice from your GP.

Check out our second blog for further app and podcast recommendations for mental health.

If you liked this blog follow us on

 [@_healthyforlife](#)

 [@Healthyforlife_ne](#)

For all of our wellbeing blogs created fortnightly by Aramark Dietitians and Nutritionists.