

Tech It easy: Health & Fitness Apps

Your smart phones, tablets and PCs can help with almost any aspect of health and fitness including;

Exercise/activity/steps/physical fitness

Nutrition/food/calorie counting/weight managemen

Meditation/stress management/mental health

But there are hundreds (thousands?) of apps available so where to start?

NHS suite of apps – a good place to start

All devices – Apple and Android

Also available on PC – lots of resources but the apps require a smart phone






















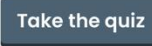
Free

On your device go to the link....<https://www.nhs.uk/better-health/>

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More ways to kickstart your health

If you want to improve other aspects of your wellbeing, we have more great free tools to support you:

 NHS Food Scanner app Start finding healthier swaps today!  	 NHS Weight Loss Plan app A 12-week plan to help you lose weight.  
 NHS Couch to 5K app A running app for absolute beginners.  	 NHS Active 10 app Track and build up your daily walks – start with 10 minutes every day!  
 NHS Drink Free Days app For the days you do not want to drink alcohol.  	 NHS Quit Smoking app Daily support to help you quit smoking and start breathing easier.  
 NHS BMI calculator Check your body mass index (BMI). 	 How Are You? quiz Get tips on looking after your health. 

Also try;

The YUKA app <https://yuka.io/en/>

The Open Food facts app <https://uk.openfoodfacts.org>

The Freshwell Project <https://lowcarbfreshwell.com>

Nutracheck app (free and paid for options)

My Fitness Pal app (free and paid for options)

Native health and fitness apps such as Apple Health and Apple Fitness

YouTube

Also provides lots of free health and fitness videos, many of which you can do at home.

If you have a smart TV you can use the YouTube app on the TV and get a big screen and great sound quality.

Some examples are given below;

Get Fit with Rick free walking workouts to do at home

<https://youtube.com/@rickbhullarfitness?si=Ponx9F422n8uInLk>

Walk at Home with Lesley Sansone

<https://youtube.com/@lesliesansoneswalkathome?si=XwaoXwtXMOUOy-dN>

The Body Coach TV with Joe Wicks

<https://youtube.com/@thebodycoachtv?si=sFBRLZjMa4XZ7qfW>

Yes2next fitness and joy at any age (lots of different exercises and stretches including some Tai Chi) <https://youtube.com/@yes2next?si=STziqWMg3Z2ekIH>

Begin with Breath TAI Chi

<https://youtube.com/@beginwithbreathtaichi?si=iw3lgJH-YtGV-jOZ>

Beginner tai Chi at Home

<https://youtu.be/A3DHPnbIJ9o?si=pXtilUYPJ6oGHjwC>

What's your favourite?

Sue Lakin January 2025