

Apps for Wellness



- ◆ Health apps
- ◆ Organizing apps
- ◆ Apps to help reduce stress, stabilize mood, improve nutrition and increase fitness

* It is important to note that an app is not to be used **INSTEAD** of your health care professional's advice.

Reaching Goals & Changing Habits

Way of Life is the ultimate habit building app. Create accountability for exercise, nutrition or even hygiene!
Available for: Apple

iPro Habit Tracker - Track To reach your goal. This app will allow you to create customized or predefined habits
Available for: Android

Lift presents a daily motivation to help you reach your goals. **Available for:** Apple and android products

Habit List - Create good habits. Break unhealthy ones. Build a better you.
Available for: Apple products

Alcohol Consumption: Saying When

If you want to take charge of how much you drink, or when you drink, **Saying When** is a successful **iPhone** program that provides step-by-step directions that can help.
(\$1.99)



Better Sleep; Better Mood



Sleep Cycle Alarm Clock for Apple devices (\$1.99) and **SleepBot** for Android (Free): monitor your sleep cycles & gently wakes you when you are in your lightest sleep cycle to feel as though waking without an alarm clock.

t2 mood tracker Track your emotional health. Easy to understand graphs.
Available for: Apple and

Mind Your Mood empowers you to keep a record that helps you understand your ups and downs and see the larger picture of your emotional health. - See more at: www.mindyourmind.ca



Be Safe is meant to help you make decisions in a crisis:

- allow you to make a safety plan
- inform you about resources
- give you options for getting help



HealthyMinds is a problem solving tool to help deal with emotions and cope with stresses you encounter both on and off campus. Keep your mind healthy!



www.healthymindsapp.ca

Fitness & Nutrition Apps



Takes your current weight, height, goal weight and lifestyle into account and generates a daily caloric recommendation to help you reach your goal weight at a healthy rate.

Available for: Blackberry, Apple, Android

Endomondo Gives you that extra motivation to get moving. If you're a runner, biker or walker, this app will track your route via Google Maps. It also tracks your workout history to compare later.

Available for: Apple, Android, Blackberry

Fooducate Decipher labels by eat a bit better™ allowing you to scan the barcode . Every food item gets a letter grade for health, from A to D.

Available for: iPhone and Android

Sodium 101 An app that tells you how much sodium is in foods and tracks your consumption.

Available for: iPhone

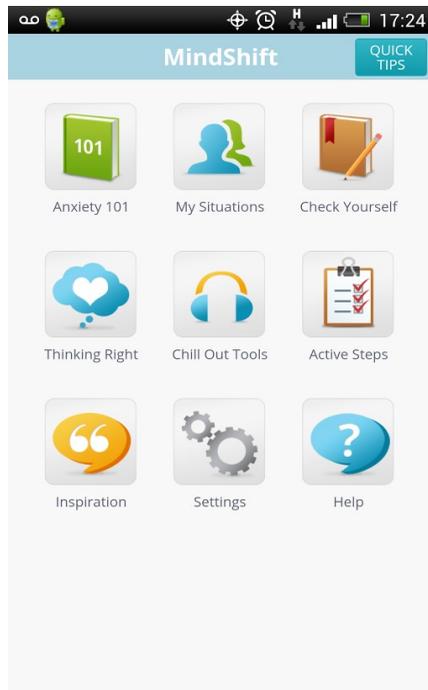
eaTipster A free iPhone app from Dietitians of Canada designed to serve up a new healthy eating tip every day.

Try the **7-minute workout** when you have limited time to exercise.



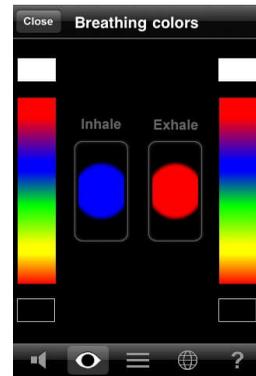
Apps to help us through the day!

If friends or family are not available to chat when you are feeling stressed try these apps that can help us regulate our breathing, provide guidance for meditation, record our daily thoughts/ biographies and suggest activities to distract from our negative thoughts.



Anxiety BC: Mindshift for iPhone and Android “Your portable coach helping you face challenging situations and take charge of your life”. Excellent app for reducing anxiety!

Distraction Apps



Bellybio.com
Helps in time of need with deep breathing and music.

Cleveland Clinic Stress Meditations
eight effective, easy-to-use guided meditations



Need a little more calm in your life? Meditation can improve your mood - and your life.

Lose yourself in words of wisdom and inspiration.



Positive Activity Jackpot for Android will find you something to do and, if you like, someone to do the activity with using your contacts .



iShatter for iPhone and **Lets Break Stuff** for iPhone and Android help relieve stress by breaking things on your phone!

Get Organized



OHLALA
Connect with your campus through event calendars, organizational directories, class schedules, and student discounts.



My Daily Journal for iPhone / iPad



Flava—Note/Journal for Android



For everything you'll do, **Evernote** is the workspace to get it done.



ColorNote simplifies your life with organization tools for Android

All of these apps cost less than \$2 or are FREE!