



Healthy Lifestyles: NHS Support Apps

The NHS have several handy apps that can help you on your journey to being a healthier and more active version of you. They are available on both Apple and Android platforms.



The **Food Scanner** app is a great resource to help you make informed decisions while doing your food shop. It gives you a breakdown of the calories, salt and fat in your choices and offers you a healthier alternative if you want to make a swap. Get it at <https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>

The **Active 10 Walking Tracker** app helps you reach your activity goals. The NHS recommends 10 minutes of brisk walking a day. The app tracks every minute you walk at a brisk pace. See how many times you can get it to 10 in a day, every minute counts!

Get it at <https://www.nhs.uk/better-health/get-active/>



The **Easy Meals** app is full of great recipes and meal inspiration. Preparing healthy meals can be daunting if you're new to meal planning and trying to adjust to a different way of cooking. Use the app to plan ahead by picking which meals you'd like to cook and build a shopping list as you go. Two jobs done in one! Get it at <https://www.nhs.uk/better-health/>

The **Couch to 5k** app is for those that want to improve their level of fitness and add running into their activities. The app coaches you from little or no exercise to being able to run 5k (just over 3 miles) in 9 weeks. The app features guided coaching sessions and can also access your music so you can run to your own tunes.

Get it at <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>



The **Weight Loss Plan** app is for adults who are actively trying to lose weight. It offers support on diet and exercise to help you track your progress and lose some extra pounds. This app is intended for over 18's only.

Get it at <https://www.nhs.uk/better-health/lose-weight/>