

WELLNESS APPS

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Nike Training Club 4+

workouts & fitness guidance
Nike, Inc

Your Ultimate Personal Trainer. Get fit with 185+ free workouts from strength and endurance to mobility and yoga — featuring our world-class Nike Master Trainers in every drill.



MyFitnessPal 4+

Calorie Counter & Diet Tracker
MyFitnessPal.com

Whether you want to lose weight, tone up, get healthy, change your habits, or start a new diet, you'll love MyFitnessPal.



Workout Trainer: fitness coach 9+

Custom training led by experts
Skimble

Work out anywhere, anytime with Workout Trainer - at your fingertips! Whether you like working out at home or lifting weights at the gym, we've got you covered with thousands of free workouts and custom training programs led by expert coaches.



Fitness Buddy: Gym Workout Log 4+

Meal Planner & Weight Trainer
Azumio Inc.

Be stronger. Be leaner. Be the best you

- Hundreds of gym & home workouts
- Clear instructions and videos for all exercises
- Meal plans and recipes (Keto, Paleo, Vegan, etc)
- Training plans created by top personal trainers



Lose It! - Calorie Counter 4+

Weight Loss Nutrition Tracker
FitNow

Lose It! is the world's most fun and effective weight loss program! Simply download the app, set your goal, and track the foods you love to lose weight.



WW (Weight Watchers) 12+

#1 Best Weight Loss Program
Weight Watchers International, Inc.

Get access to food and fitness trackers, thousands of delicious recipes, and the support you need to lose weight and build healthy habits for life.



My Diet Coach - Weight Loss 4+

Motivation & Calorie Counter
InspiredApps

My Diet Coach - WEIGHT LOSS MADE FUN AND EASY (:



Runkeeper- GPS Running Tracker 4+

Best Run Tracking and Mapping
FitnessKeeper, Inc.

Everyone. Every run. Join the community that helps people get out the door and stick with running forever! Track exercise, set goals, sweat, and see progress along the way. Whether you're working your way up to tracking a 5K goal or deep into marathon training, use the GPS app trusted by 50 million users and counting.



Calm 4+

Meditation and Sleep Stories
Calm.com

Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts.



30 Day Fitness Challenge Pro 12+

7 minute home workout exercise
ABISHKING LIMITED.

Workout at home, suited for anybody at any time. The 30-Day Fit Challenge Workout, designed by a professional fitness coach, is scientifically proven to help improve fitness and health. Stick with the program, and you will see amazing results.