Physical Health and Wellbeing

Wellness Mobile Apps







Considerations for Health Apps

- > Provide safe, realistic ways to make healthier life choices
- Only provides supplemental health information/advice; SHOULD NOT replace healthcare providers!
- Opportunity to move at your own pace
- > Shop around for what works best for your needs

MU Health & Wellness Resources

> MU Fitness Center: Main Campus (Rose Benté Lee Center)

	Monday-Thursday	Friday	Saturday	Sunday	
Hours:	6am–11pm	6am–8pm	8am–8pm	8am–8pm	

> MU Student Health Center: Main Campus (Berg 1014) -- (703) 284-1610



Aaptiv (iPhone/Android, 30 days FREE)

This exercise app gives a user access to different categories of workouts with trainers from various levels. This app lets the user track their progress in a new way.

Meal plans designed for your goals	Start little habits for a big change	100% customized exercise programs			
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8fit (iPhone/Android/Website, FREE)

8fit provides users with instructional videos for workouts and stretches that focus on strength & endurance. It also provides customizable recipes and fun daily challenges.

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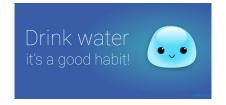
MyFitnessPal (iPhone/Android/Website, FREE)

This handy app tracks daily food/beverage intake, calculates nutrients/calories, tracks exercise and calories burned, and saves favorite meals to a user's health log.



MyPlate (iPhone/Android/Website, FREE) MyPlate delivers unique workout programs as well as

personalized meal plans, a calorie tracker, nutrition charts, motivation/health tips, and community support.



Water Time (iPhone/Android, FREE)

This app was created specifically for busy people, so it's perfect for college students who wish to increase their water intake and see their statistics to stay motivated.



My Water Balance (iPhone/Android, FREE)

Similar to the Water Time app, this water calculator reminds the user to keep drinking water and other beverages and allows the user to share their results.



Digipill (iPhone/Android, FREE)

Take a guided meditation "pill' for a current need you have; there is a focus on relaxation/sleep, but there are other categories (focus, resilience, study success, etc.).



Pzizz (iPhone/Android, 7 days FREE)

A user may choose between psychoacoustic sounds of Sleep, Nap, or Focus to help them fall asleep and ultimately stay asleep; works best with headphones!