

# Physical Health *and* Wellbeing

## Wellness Mobile Apps



## Considerations for Health Apps

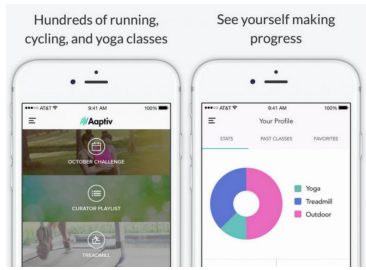
- Provide safe, realistic ways to make healthier life choices
- Only provides supplemental health information/advice; **SHOULD NOT** replace healthcare providers!
- Opportunity to move at your own pace
- Shop around for what works best for your needs

## MU Health & Wellness Resources

- MU *Fitness Center*: Main Campus (Rose Benté Lee Center)

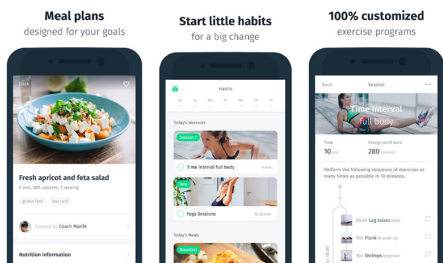
	Monday-Thursday	Friday	Saturday	Sunday
Hours:	6am-11pm	6am-8pm	8am-8pm	8am-8pm

- 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.



**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.



**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.



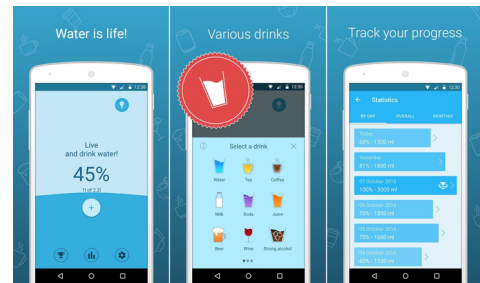
**MyPlate** (iPhone/Android/Website, FREE)

MyPlate delivers unique workout programs as well as personalized meal plans, a calorie tracker, nutrition charts, motivation/health tips, and community support.



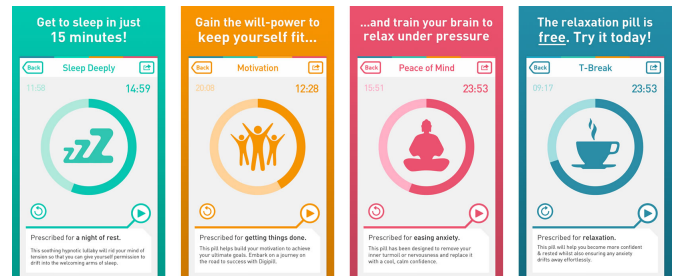
**Water Time** (iPhone/Android, FREE)

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.



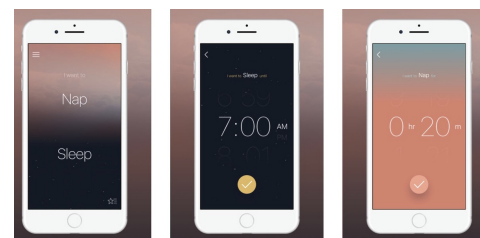
**My Water Balance** (iPhone/Android, FREE)

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!