














MINDFULNESS

DIET

FITNESS

 <p>Deliciously Ella: Plant Based recipes (400) and Yoga Videos (40) Meal/Shopping features and podcasts on health and wellbeing.</p> <p>App is free, 99p a month for subscription. 4/5 stars based on 208 ratings.</p>	 <p>Head Space: Meditations, mindful moments, help with sleep, SOS sessions, tracking, option to pair with a friend, exercises for children.</p> <p>App is free then £10 a month for subscription. 4.8/5 stars based on 198k ratings.</p>
 <p>Change 4 Life Smart Recipes: 160 quick, tasty and cheap recipes for the whole family. Shopping lists and advice.</p> <p>FREE. 4.2/5 stars based on 829 ratings.</p>	 <p>Day One Journal: Create reminders, calendars, flashbacks, audio recordings, photo storage and journal.</p> <p>App is free but premium option has a charge 4.7/5 stars based on 3887 ratings</p>
 <p>Seven: 7 minute workouts (over 200) tailored to individual's needs and preferences. Option to pair with a friend, earn achievements. No equipment needed.</p> <p>App is free then £10 a month 4.7/5 stars based n 29.2k ratings.</p>	 <p>Peak: Brain training, unique games to help with memory, attention, problem solving, mental agility, problem solving, language, co-ordination, creativity and emotion control</p> <p>App is free, can upgrade to pro for £4 a month 4.6/5 stars based on 38k ratings</p>
 <p>Couch To 5K: 9 week course, different motivators available, mix of walking and running, flexible.</p> <p>FREE 4.8/5 stars based on 99.4k ratings</p>	 <p>Too Good To Go: Helping restaurants, bakeries and supermarkets reduce food waste.</p> <p>App is Free but pay lower amounts for food 4.9/5 stars based on 9066 ratings</p>
 <p>Wellmind: NHS app, helps with stress/anxiety/depression-record feelings, log achievements, access help, advice. Relaxing audio track, distraction games.</p> <p>FREE 3.1/5 stars based on 29 ratings</p>	 <p>Olio: Connect with neighbours so that surplus food, household items and more can be shared for free.</p> <p>FREE 4.5/5 stars based on 500 ratings</p>
 <p>Calm: Beginner and advanced programmes, stretching exercises, music, sound scapes, breathing, mindfulness topics, different lengths.</p> <p>App is free then £10 a month 4.7/5 stars based on 96.3k ratings</p>	 <p>Outdoors GPS: Offline maps, 200,000 routes, runners can create routes, track stats, save favourites, cycling mode, 250,000 landscapes for photographers.</p> <p>App is free then £30 for a year 4.5/5 stars based on 2.37k ratings</p>
 <p>Fabulous: Daily motivations, habit tracker, sharpens brain, goal settings, enhances productivity, integrated coaching, fitness and diets, yoga, stretching and meditation.</p> <p>App is free then £10 a month 4.3/5 stars based on 2.11k ratings</p>	<p>https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff</p> <p>https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/</p>