

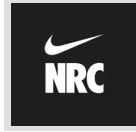
# APPS FOR HEALTHY LIVING



## Health/Fitness



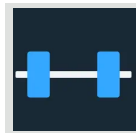
**My Fitness Pal** - Used to track progress toward your nutrition, water, fitness, and weight goals.



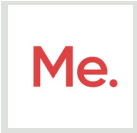
**Nike Run Club** - Provides training plans, guided runs, and wellness tips.



**AllTrails: Hike, Bike & Run** - Search over 400,000 trails around the world by location, interest, skill level, and more.



**Strong Workout Tracker Gym Log** - Intuitive workout and exercise tracker for any fitness routine.

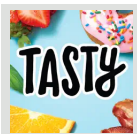


**BetterMe: Health Coaching** - Personalized workout and nutrition plans supported by real human coaches



**Calorie Counter: MyNetDiary** - Includes barcode scanner, food and macros tracker, and comprehensive and effective diet plans.

## Cooking



**Tasty: Recipes, Cooking Videos** - See what your meal should look like every step of the way along with a written explanation.



**Food Monster** - Plant-based cooking app with over 20,000 vegan recipes.



**Epicurious** - 50,000+ perfected recipes from top cooking names, such as Bon Appétit, HarperCollins, and more.



**Yummly Recipes & Meal Planning** - Uses AI to suggest recipes you'll love.

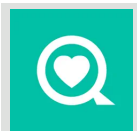


**BigOven Recipes & Meal Planner** - Seasonal collections and suggested dishes, save & share recipes with a single tap.

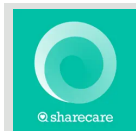


**Allrecipes: Easy Recipe Ideas** - Includes features such as a shopping list, meal planner, and step-by-step instructions.

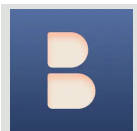
## Wellbeing



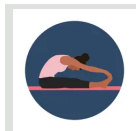
**Sharecare** - Recommends simple, personalized actions you can do daily to improve your well-being.



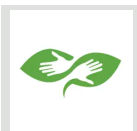
**Unwinding** - A mental health digital therapeutic that helps you when moments of stress arise.



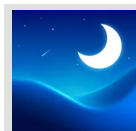
**Breathe: Sleep & Meditation** - Meditations, hypnotherapy, tapping, sleep stories, bedtime visualizations, music, and sounds.



**Stretching & Flexibility: Bend** - Stretching routines to help improve flexibility and maintain natural range of motion.



**BetterHelp: Therapy** - Convenient way to get professional help from a licensed therapist.



**ShutEye: Sleep Tracker, Sound** - Brings a wide variety of tools to help you fall asleep and stay asleep.





## Salud/Ejercicio



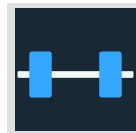
**My Fitness Pal** - Utilizado para seguir su progreso hacia objetivos de nutrición, hidratación, actividad física y meta de peso.



**Nike Run Club** - Ofrece planes de entrenamiento, carreras guiadas y consejos de bienestar.



**AllTrails: Hike, Bike & Run** - Busca más de 400,000 senderos en todo el mundo por ubicación, interés, nivel de habilidad y más.



**Strong Workout Tracker Gym Log** - Entrenamientos y ejercicios intuitivos para cualquier rutina de fitness.

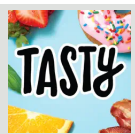


**BetterMe: Health Coaching** - Planes personalizados de entrenamiento y nutrición respaldados por entrenadores reales.

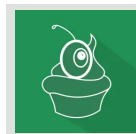


**Calorie Counter: MyNetDiary** - Escanea códigos y etiquetas de comida, siga sus alimentos y macronutrientes, y vea planes de dieta completos y efectivos.

## Cocinar



**Tasty: Recetas, Videos de Cocina** - Aprende cómo preparar platillos a cada paso, junto con una explicación escrita.



**Food Monster** - Aplicación de cocina a base de plantas con más de 20,000 recetas veganas.



**Epicurious** - Más de 50,000 recetas perfeccionadas de nombres destacados en la cocina, como Bon Appétit, HarperCollins y más.



**Yummly Recipes & Meal Planning** - Utiliza inteligencia artificial para sugerir recetas que te encantarán.

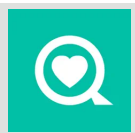


**BigOven Recipes & Meal Planner** - Colecciones de temporadas y platos sugeridos, guarda y comparte recetas con un solo toque.

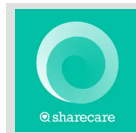


**Allrecipes: Easy Recipe Ideas** - Incluye funciones como una lista de compras, planificador de comidas e instrucciones paso a paso.

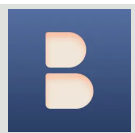
## Bienestar



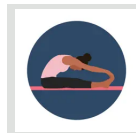
**Sharecare** - Recomienda acciones simples y personalizadas que puedes hacer diario para mejorar tu bienestar.



**Unwinding** - Una terapia digital de salud mental que te ayuda en momentos de estrés.



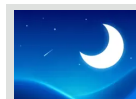
**Breathe: Sleep & Meditation** - Meditaciones, hipnoterapia, 'tapping', historias para dormir, visualizaciones antes de dormir, música y sonidos.



**Stretching & Flexibility: Bend** - Rutinas de estiramiento para ayudar a mejorar la flexibilidad y mantener el rango de movimiento natural.



**BetterHelp: Therapy** - Una manera conveniente de obtener ayuda profesional de un terapeuta con licencia.



**ShutEye: Sleep Tracker, Sound** - Ofrece una amplia variedad de herramientas para ayudarte a dormir y mantener el sueño.

