


Best ... healthy living and fitness apps

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If you are looking to kick start a healthy new lifestyle, you will find a wealth of free and paid-for apps designed to help you with every aspect of diet and fitness. Here are some of the top apps and links to download them.

It's worth noting the NHS website [Better Health](#) is a good place to start for recommendations of tools and apps that can help with your lifestyle goals, whether you want to get active, improve your diet and lose weight, or quit smoking or drinking.



NHS Couch to 5K

A flexible running programme that tracks your runs, offers tips and motivations and connects you to the support of an online community.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

NHS Active 10

An app that tracks your walking duration and speed, with tips and goal setting - with the aim to reach 10 brisk walking minutes a day.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

NHS Drink free days

An app which updates and tracks your drink free days, as well as offering practical tips and reminders to help you control your drinking.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

NHS Quit smoking

A free 28 day quit smoking programme from the NHS which allows you to track your progress, get support and see how much you're saving by quitting smoking.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

Smoke Free

A handy app that aims to help you quit smoking for good. It tracks your progress and includes tools and statistics to help keep you inspired and motivated to stay on track.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

Sidekick

Sidekick is an app that helps people living with chronic illnesses manage the daily aspects of their lives to be healthier and feel better, including tracking daily activity and managing diet. It's also a social health game which allows you to communicate, collaborate and compete with friends and colleagues, whilst improving your lifestyle.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

Nike Training Club

Nike Training Club is a highly rated app that includes home workouts as well as yoga, mindfulness and nutrition, for all over health and wellbeing.

[Download from Google Play](#) (Android)

[Download from iTunes](#) (Apple)

8fit workouts and meal planner

Tailored workouts and meal planner whether your goal is to lose weight or get fitter.

[Download it from Google Play](#) (Android)

[Download it from iTunes](#) (Apple)

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Next steps

- [▶ Best ... recipe websites](#)
- [▶ Where to find reliable health information online \(England, Wales, Scotland\)](#)



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