

## Best ... healthy living and fitness apps



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If you have a smartphone or tablet computer, and 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.

Listed below are the top 5 rated fitness apps in the [Orcha App Library](#) in 2019. If you are looking for an app to help you with a specific health aim you can search the library using the search function.

### Sidekick

A social health game which allows you to communicate, collaborate and compete with friends and colleagues, while improving your lifestyle.



**Sidekick**  
Developer: GoodlifeMe AB

Cost: Entirely Free

#### Developer description:

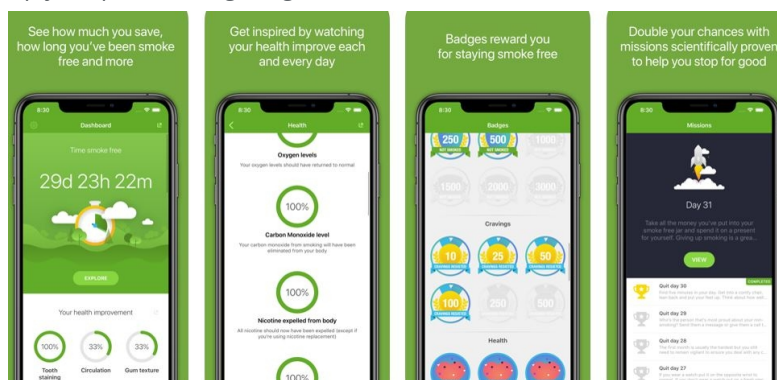
Sidekick is a social health game. It is designed to motivate and engage people towards a healthy lifestyle. Sidekick allows people to communicate, collaborate and compete with friends and colleagues, while improving their lifestyle.

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### Smoke Free

A handy app that aims to help you quit smoking for good.



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### Calorie Counter +

Track your calories to help you achieve your weight loss goals.



### Calorie Counter +

Developer: Nutracheck

Cost: In App Purchases

#### Developer description:

The Calorie Counter App by Nutracheck is fast and easy to use. Achieve your weight loss goal. Enjoy a 7 day free trial - after this daily limits apply. Upgrade in-App for unlimited use. Or continue free on Lite membership with daily limits. Part of the Nutracheck online food diary service.

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### Noom: Health and weight

Builds you a custom game plan to help you build healthy habits faster.



### Noom: Health & Weight

Noom Inc. Health & Fitness

★★★★★ 182,948

PEGI 3

Offers in-app purchases

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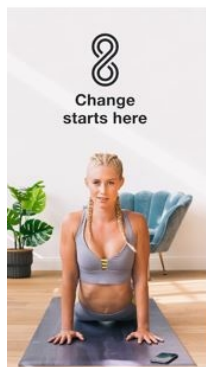
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### 8fit workouts and meal planner

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



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

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*This guide was last updated on 21/4/21*

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