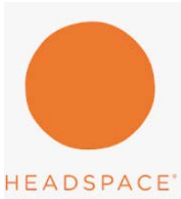



Words About Wellness


12 Wellness Apps to Try!


By: Joshua Alexander, MD

Wishing your smart phone can increase your wellness? Look no further than these 12 Apps that fit the bill! From Sleeping Better to Practicing Mindfulness to Raising Money for Charities, these apps can help you Be Well. Try one and let me know what you think!

<p>1</p>	<p>Headspace <i>Live a healthier, happier, more well-rested life with Headspace.</i></p> <p>www.headspace.com</p>	
-----------------	--	---

<p>2</p>	<p>Koru <i>Koru Mindfulness is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management</i></p> <p>www.korumindfulness.org</p>	
-----------------	---	--


<p>3</p>	<p>8Fit <i>Healthy habits made simple for fitness and nutrition.</i></p> <p>www.8fit.com</p>	
-----------------	--	---


<p>4</p>	<p>My Fitness Pal <i>Track calories, breakdown ingredients, and log activities.</i></p> <p>www.myfitnesspal.com</p>	
-----------------	---	--


Continued on next page...


Words About Wellness


... continued from previous page.

<p>5</p>	<p>Waterlogged <i>Track your water intake and set goals/reminders.</i></p> <p>www.waterlogged.com</p>	
----------	--	---

<p>6</p>	<p>Sleep Cycle <i>Sleep Cycle analyzes your sleep and wakes you up at the most perfect time, feeling rested.</i></p> <p>www.sleepcycle.com</p>	
----------	--	---

<p>7</p>	<p>Calm <i>Learn meditation skills, get more restful sleep, practice gentle stretching, and listen to relaxing music.</i></p> <p>www.calm.com</p>	
----------	---	---


<p>8</p>	<p>Shleep <i>Improving sleep for a more productive, healthier, and happier life.</i></p> <p>www.shleep.com</p>	
----------	--	--


<p>9</p>	<p>Streaks <i>The to-do list that helps you form good habits.</i></p> <p>https://streaksapp.com/</p>	
----------	--	---


Continued on next page...

Words About Wellness

... continued from previous page.

<p>10</p>	<p>Hot Seat <i>A health app that turns short breaks into meaningful activity.</i></p> <p>www.gethotseatapp.com</p>	
------------------	---	--

<p>11</p>	<p>Charity Miles <i>Walk, run, or bike for a cause.</i></p> <p>www.charitymiles.org</p>	
------------------	---	---

<p>12</p>	<p>Happify <i>Overcome stress and negative thoughts. Build resilience.</i></p> <p>www.happify.com</p>	
------------------	--	--

Available for download from your App store today!

