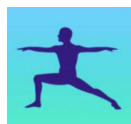


# Free Health and Wellness Apps

MERRELL FAMILY  
FOUNDATION



Palm Healthcare  
FOUNDATION, INC.



## 5 Minute Yoga

A great app for beginners, 5 Minute Yoga gives users short sessions that they can fit in anywhere, anytime. Each pose includes an animated illustration plus instructions to make sure you're training safely. Because they come in five minutes, they are perfect for when you feel crunched for time. Add these to your morning routine, to beat the mid-afternoon lull, or for a bit of relaxation at the end of the day.



## Down Dog

If you think you're likely to get bored doing the same yoga routine every time, Down Dog has the solution. Each time you log in for a session, you're greeted with a brand new sequence, which will keep things fresh. Choose your playlist and how long you want the session to last, and the app will create a session that's a perfect fit for your needs and experience level.



## Yoga Academy

If you've ever wanted to learn yoga, but were intimidated about going to a studio, Yoga Academy is the perfect solution. Even if you regularly attended yoga classes, this app will let you take your classes with you, no matter where you go. Create your own sessions based on time, or choose from several classes that are ready to go. You have the option to use either your own playlist or the preloaded ambient sounds for background music.



## Calm

If calm is what you need, Calm is the app for you. It starts you out with a seven-day program. This is a great way for beginners to start meditation. Choose between options for sound and length of time, as well as scenes from nature for you to visually focus on while you meditate. Other features include multiple guided as well as unguided sessions.



## Headspace

Headspace makes it easy for people just learning the art of meditation. Their level one course features easy, 10-minute sessions for each day that will help you get into the habit of meditating regularly. There are reminders, and you can choose to focus on aspects like foundation, health, and performance. One great feature is the buddy system, which lets you and a friend encourage each other in your journey.



## MINDBODY Connect

MINDBODY gives you the ability to find the fitness and health services that are right for you. You can read reviews and book appointments right on the app. If you are looking for a new yoga studio, a massage therapist, or a deal on local classes, the MINDBODY app can help. It allows you to manage your schedule and goals in one convenient place.



## Omvana

Omvana gives you access to many meditation sounds, music, and guided sessions with meditation experts. Focus options include: mindfulness, stress, relaxation, sleep, and more. You can choose the length of each meditation session, from three minutes to an hour.



## Relax Melodies

Relax Melodies is designed with a good night's sleep in mind. If you have difficulty getting to sleep or feeling rested in the morning, then this is the app to try. Beyond sleeping, the app is great for any situation that requires calming sounds or music, like yoga, massage sessions, or just simple relaxation.



## Smiling Mind

Smiling Mind is a nonprofit that was created to increase happiness and compassion in the world, and this app is one step toward that goal. With programs designed by age group, this app is great for kids, teens, and adults.



## HealthyOut

Eating out can be challenging when you are trying to stick to a healthy diet plan. But HealthyOut makes it easier. Choose one of the app's many diet and nutritious filters -- like "low-carb" or "not a salad" -- and you'll find restaurants and dishes that fit your filters and diet plan. Once you choose your dish, you can then view detailed nutrition information to help you stay on track even when eating out.



## ShopWell

ShopWell makes grocery shopping for healthy foods easy. Start off by entering your health goals along with any allergies or health concerns you may have, like gluten intolerance. Then, the next time you are in the store just scan the bar code of each item you select. ShopWell will let you know if this item works with your goals or not. It can also give you options that will work better for you, as well as recipes, hints, and tips from their dietitian.



## Elevate

Elevate is a brain training program designed to improve focus, speaking abilities, processing speed, memory, math skills and more. Each person is provided with a personalized training program that adjusts over time to maximize results. The more you train with Elevate, the more you'll improve critical cognitive skills that are proven to boost productivity and self-confidence.



## 7 Keys for Attention Development

7 Keys for Attention Development was produced by Brain Sheen, author of the book *Accessing Your Inner Pharmacy*, and provides over twenty 3-5 minute videos that train users to learn how to overcome the causes of stress in their lives and return to a relaxed, de-escalated state.