

Top *free fitness apps* – Recommendations for you



1. **Myfitnesspal** – helps you to log daily dietary intake and activity levels. Gives you daily totals of energy in versus energy out
2. **Bounts.it** – Daily fitness tracker that rewards you with high street vouchers when you hit your target!
3. **Thinking Slimmer App** – new app that provides brain training to help you change negative self beliefs and habits and alter your dietary intake.
4. **Be Food Smart** – a food scanner app from Change For Life and focusing on the amount of sugar in popular foods (given in cubes). Perfect for kids!
5. **Lose It** – allows you to set targets and goals, including blood pressure and sleeping patterns
6. **Food Swipe** – Children’s app designed to help them eat healthier food selection through a point system
7. **My Meal Plate** – designed by nutrition scientists, this app helps you track both your eating and activity patterns
8. **FoodSwitch** – similar to Sugar Smart, but also tracks salt and fat of scanned codes – and recommends healthier alternatives!
9. **Fridgely** - tells you when your food is going to expire so that you can use it before it does. It also quickly finds recipes based on what foods you already have in too!

