

WELLNESS APPS

Food:

- My Fitness Pal
- Up Coffee

Mood:

- Calm
- Happify
- Whil
- The Mindfulness App
- Headspace

Yoga:

- Yoga Studio
- Pocket Yoga
- Daily Yoga
- 5-Minute Yoga

FITNESS APPS, BREAKS & DEVICES

Fitness:

- **Sworkit**
- **7 Minute Workout**
- **Fitocracy**
- **Map my Fitness**
- **Runtastic Six Pack Abs**
- **Touchfit: GSP**
- **Skyfit**

Fitness Micro-Breaks:

- **X bytes stretch, yoga & mindfulness videos for conferences & workplaces**

Wearable Devices

- **Apple watch**
- **Garmin**
- **Fitbit**



WELLNESS IS HOLISTIC

- **Physical**
- **Emotional**
- **Intellectual**
- **Social / Community**
- **Environmental (physical, cultural, political)**
- **Spiritual**

EXAMPLES OF WELLNESS TOPICS

- **Fitness / Exercise**
(e.g., wearable devices)
- **Mind-body fitness**
- **Financial fitness**
- **Food/healthy eating**
- **Green living**
- **Environment**
- **Sleep**
- **Stress reduction /
mindfulness & relaxation**
- **Work – life balance**
- **Risk management (safety &
injury prevention, sun safety)**
- **Addiction (sugars, caffeine, work,
mobile devices)**
- **Mindful Moderation (red wine,
dark chocolate)**
- **Laughter**
- **Learning**
- **Leadership**
- **Compassion**
- **Creativity**