





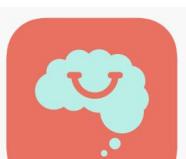



HOW TO KEEP ACTIVE AT HOME THROUGH MOBILE APPS



FITNESS

NAME OF APP	DESCRIPTION OF APP	LINK TO APP
 <p>Asana Rebel</p>	<p>Yoga inspired fitness workouts</p>	<p>https://asanarebel.com/</p>
 <p>Nike Training Club</p>	<p>185 free workouts—strength & endurance-based routines, mobility & yoga sessions – all with virtual guidance from Nike Master Trainers</p>	<p>https://www.nike.com/au/ntc-app</p>
 <p>Daily Workouts Fitness Trainer</p>	<p>100+ simple exercises you can do without a gym You can choose length of workout</p>	<p>https://apps.apple.com/au/app/daily-workouts-fitness-trainer/id469068059</p>
 <p>7 Minute Workout</p>	<p>7-minute, no-equipment sessions to deliver maximum benefit</p>	<p>https://apps.apple.com/us/app/7-minute-workout-fitness-app/id806995720</p>
 <p>FitOn: Fitness Workout Plans</p>	<p>No equipment required, exercises for cardio, HIIT, strength, dance, yoga etc</p>	<p>https://fitonapp.com/posts/</p>





MEDITATION / SLEEP

NAME OF APP	DESCRIPTION OF APP	LINK TO APP
 <p>Headspace: Meditation & Sleep</p>	<p>Guidance for better sleep through meditation.</p>	<p>https://www.headspace.com/meditation/sleep</p>
 <p>Smiling Mind</p>	<p>Meditation for all ages. Developed by psychologists & educators to help bring balance to people's lives.</p>	<p>https://www.smilingmind.com.au/</p>
 <p>Calm - Meditation and Sleep</p>	<p>Meditation, sleep, music, stretches, masterclasses.</p>	<p>https://www.calm.com/</p>

DANCE

NAME OF APP	DESCRIPTION OF APP	LINK TO APP
 Just Dance Now	Large variety of dances and many different songs, and the dance library is updated very often.	https://justdancenow.com/
 Hip Hop Dance Volume 1	Learn over 80 moves, customised workouts and audio guidance from a trainer.	https://apps.apple.com/us/app/hip-hop-dance-volume-1/id988322696

YOGA / PILATES

NAME OF SERVICE	DESCRIPTION OF SERVICE	LINK TO SERVICE
 Pilates Anywhere	Pilates workouts you can do from home.	https://www.pilatesanytime.com/
 Alo Moves	Pilates and yoga workouts you can do from home.	https://www.alomoves.com/
 5 Minute Yoga Workouts	Learn basic poses and stretch yourself with quick and simple yoga workouts.	https://apps.apple.com/au/app/5-minute-yoga-workouts/id362093404
 Pocket Yoga	Learn yoga poses. Cost is \$3 to download the app.	https://www.pocketyoga.com/

SLEEP / MOOD

NAME OF SERVICE

DESCRIPTION OF SERVICE

LINK TO SERVICE



Sleep Cycle

Tracking your sleep cycle can help improve your quality of sleep and therefore your quality of life. Closely monitoring “zzz’s” is a good way to take care of yourself, as a lack of sleep can impair functioning in the day and in more extreme cases lead to the deterioration of mental health. This app monitors your sleep (place your phone in your bed or on your bedside table) wakes you up during the lightest phase in your sleep cycle, giving the impression of having awoken naturally, and displays how you slept throughout the night.

<https://www.sleepcycle.com/>



Daylio

Mood tracking is an important way to create links between your habits and your moods. Daylio is a free mood tracking app that helps you remember how you felt after various activities, in order to help you decide what you need to do more or less of on a daily basis.

<https://daylio.webflow.io/>



What's Up

This free app gives instant tips on how to help yourself feel better, coping strategies to get through tougher times, and also information on different diagnoses if you’re concerned about ongoing or developing symptoms.

<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>