



UCI Wellness

THE REST AND REVIVE CHALLENGE

Apps To Motivate and Manage a Healthy Lifestyle



Lumosity

Train your brain through challenging games created by scientists and game designers.

lumosity.com



MyFitnessPal

MyFitnessPal is an awesome tool for weight management and overall health. It includes the largest food database of all apps, and a built-in bar code scanner to locate individual food items' nutrition facts. It can be used as a food diary and exercise tracker, too.

myfitnesspal.com



Runkeeper

An app for setting goals, tracking progress and accessing all you need to keep running. You can even earn rewards from active lifestyle brands and hook up to a music service to help keep your pace.

runkeeper.com



MapMyWalk

Map your walking route, track your activity, log your food and share your achievements with friends with this free app. Includes maps of more than 70 million walking routes, or create your own.

MapMyWalk.com



Zenoki

Zenoki's apps include the meditation series Complete Relaxation, the Serenity Meditation timer and Focus: Chakra Meditation.

zenoki.com



Headspace

Headspace calls itself a "gym membership for the mind." The app's free 10-day program can teach you the basics of meditation in 10 minutes a day. Get guided and unguided exercises and hundreds of hours of original content.

headspace.com



Balanced

An app that will not only help you reach your goals, it will help you prioritize your life so you can achieve balance. How it works: List the activities you want to do more of, set a target for how frequently you want to do them, and the app will help you prioritize your life.

balancedapp.com



Insight Timer

With a dynamic worldwide community of meditators, Insight Timer is the fun and connected way to support your meditation practice, whether you're just starting out, or have been meditating for years.

insighttimer.com



Calm

Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Reduce anxiety, sleep better and feel happier.

calm.com