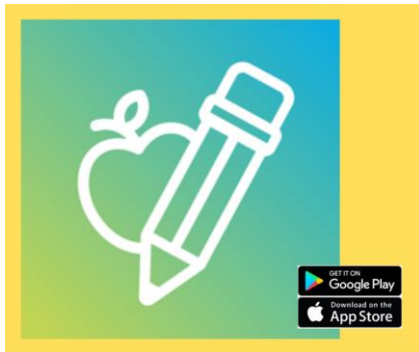


PHYSICAL ACTIVITY & NUTRITION TASK GROUP
HEALTH APPS RECOMMENDED FOR YOUNG PEOPLE BY NHS



The **Student Health** App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated.



The **NHS Go** app provides young people with confidential health advice and greater access to health information. Including information on food and diet, healthy recipes, tips on getting active and free at home workouts.



You don't have to go to the gym or use expensive fitness programmes to be active, walking counts too! 10mins brisk walking every day gets your heart pumping and makes you feel more energetic. **Active10** tracks your walking & helps increase your daily level of physical activity.



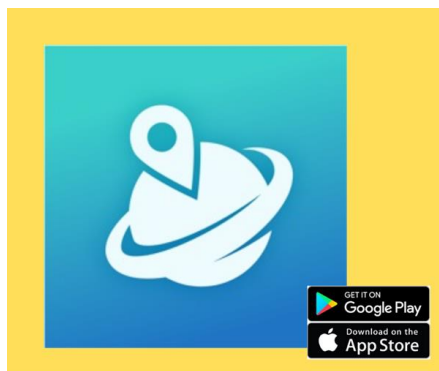
One You Easy Meals is a great way to find delicious, easy meal ideas to help you live more healthily and make the changes that matter. With ingredients lists, cooking instructions and shopping lists you can become more food smart and make healthier choices.

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Couch to 5k is an easy to follow programme recommended by the NHS and perfect for those new to running. The app supports and motivates you each step of the way with 5 great trainers and over 2million users. Why not get started today?



World Walking allows you to walk routes around the world without leaving your hometown! It is free and easy to use and can be used on your own or as a group. Set yourself a challenge today!