



Our Picks: 11 Apps to Help You Crush Your Wellness Goals



As of 2015, there were 1.5 million apps available for download in Apple's app store¹. When it comes to wellness, almost 6% of those apps pertain to health, fitness, or finance, and that's not to mention those that help with things like stress or sleep.



Long story short: it's a lot to navigate. There are some amazing apps out there that can help with financial, mental and physical wellbeing, but the sheer volume can be overwhelming. So we did our own research, took an office poll, and we're breaking it down for you: 11 apps we think can help in crushing your wellness goals (and most of them are free!).



¹"Number of Apps Available in Leading App Stores as of July 2015." Statista. The Statistics Portal, July 2015. Web. 22 Apr. 2016.

Please note: all "what people are saying" quotations were taken from either Apple app store or Google Play store customer reviews, unless otherwise noted.



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Nike+ Training Club

Category:
Physical Fitness

Cost:
Free

Compatibility:
Requires iOS 7.1 or later or Android 4.0.3 & up

What it does:
Offers over 100 workout schedules from Nike's trainers for people of all fitness levels. Allows you to set goals, track progress and share your achievements.

Why we love it:
You can pick from a wide variety of workouts, whether you're a fitness beginner or a seasoned pro. It works well for people who hate the gym environment or have odd schedules. We also like that you can train "with" other users, and the motivation and tips are great!

What to watch out for:
Some complaints of inaccurate instructions and not being able to pause a workout.

What people are saying:

"The moves are simple enough but effective."

"It is the perfect amount of time to allow me to workout before work each morning and it gets my heart pumping and my body sore!"

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Hotseat

Category:
Workplace Wellness

Cost:
Free, but not available for consumer download - must have corporate pin

Compatibility:
Requires iOS 5.1 or later; not available on Android

What it does:
A corporate wellness tool aimed at getting people up and moving while at work. It provides personalized "two-minute breaks" for employees that involve some sort of physical movement.

Why we love it:
Hotseat utilizes social pressure, friendly competition, gamification and teamwork to form healthier habits at work. Most of us spend too much time sitting in front of the computer every day, and Hotseat forces us to get up!

What to watch out for:
You have to get your company to sign up for it, you can't download it on your own. Also, there aren't many reviews to date so customer feedback is unclear.

What people are saying:

"My coworkers think I'm nuts for jumping up & doing the exercises, but I feel better!"



GoodBudget™

Category:
Financial Management

Cost:
Free with subscription option

Compatibility:
Requires iOS 7.0 or later or Android 4.0 & up

What it does:
Allows for effective personal and household budgeting by tracking income and expenses in real time.

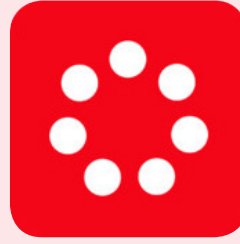
Why we love it:
You can sync multiple devices and share with others, so it's great for household budgeting. GoodBudget's reports will help you realize trends in your spending habits, so you know where you should be allocating more or less of your money.

What to watch out for:
Could take time to learn how to use it effectively, and the subscription option might be a little too hard on your budget (pun intended)!

What people are saying:

"Perfect for tracking your expenses and keeping your finance in check."

"It's crazy seeing how a few dollars here and there can add up, and this app is helping me realize that!"



The Johnson & Johnson Official 7 Minute Workout®

Category:
Physical Fitness

Cost:
Free

Compatibility:
Requires iOS 8.2 or later or Android 4.0 & up

What it does:
Build your own equipment-free, 7-minute workout from a variety of proven exercises and pre designed workouts.

Why we love it:
It's great for people who don't have time to hit the gym, and since workouts don't require equipment, it wins on the "no excuses" front. You can pick and choose based on your goals, what you hate (squats?), and what you hate less (jumping jacks?). Its "smart workout" option adjusts intensity based on your feedback.

What to watch out for:
Could prove challenging for beginners.

What people are saying:

"Never have I stuck with any habit so consistently in my life."

"It's simple enough and creates a unique routine each day by mixing up the exercises to cater to my needs."



ProsperDaily (formerly BillGuard)

Category:
Financial Management

Cost:
Free

Compatibility:
Requires iOS 8.0 or later or Android 4.0 & up

What it does:
View all your account activity in one place, get credit score tracking and protection against fraud.

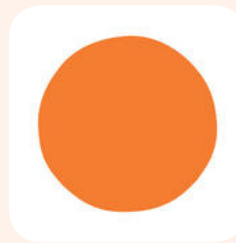
Why we love it:
Setup is easy and its interface lets you really visualize your spending and earnings with maps, graphs, etc. The suspicious activity alerts are a huge plus, too.

What to watch out for:
Better for money tracking than for budgeting. and there's no website platform (just mobile).

What people are saying:

"This application is quite ready to use and has a very pleasing interface."

"I'm learning when to spend, when to save, and how to track my spending!!"



Headspace®

Category:
Mental Health

Cost:
Free with premium option

Compatibility:
Requires iOS 8.0 or later; varies across Android devices

What it does:
Provides daily mindfulness meditation exercises to decrease stress and anxiety while improving focusing abilities. By listening to the sessions for just 10 minutes a day you can find some more peace of mind!

Why we love it:
Even if you're brand new to meditation, Headspace allows you to take advantage of the mental health benefits of yoga through short 10 minute sessions that you can sneak in while at work or just about anywhere! It forces you to take that much needed break and gain some mental clarity. Plus, the design is beautiful.

What to watch out for:
The "Take 10" beginner program is awesome, but after that you may find the subscription to be too pricey.

What people are saying:

"It's simple, doesn't require large amounts of time and really helps me empty my mind of daily worries."

"An excellent addition to anyone's routine looking for some mental focus, happiness, peace, and clarity!! :)"



Mint

Category:
Financial Management

Cost:
Free

Compatibility:
Requires iOS 8.0 or later or Android 4.0 & up

What it does:
Sync all your accounts, cards and investments to better manage your spending, budgeting and earning.

Why we love it:
Especially for those that aren't financially-minded, Mint is a great way to ensure you are paying bills on time and being fiscally smart. By tracking all financial activity - debit and credit card statements, PayPal accounts, student loans, etc. - in one platform, Mint gives you a snapshot of your financial situation. And its tutorials help you stay on track. You can use the web-based portal if you prefer it over your phone.

What to watch out for:
Mint only allows you set a budget for the current month, not future months. There are also some reports of duplicate accounts.

What people are saying:

"I use this app at the end of everyday to help keep my finances as well as spending under control. It literally does all the work for you...it's amazing."

"I have a much clearer view on my spending habits and know different areas where I can save money."



Zombies, Run!

Category:
Physical Fitness

Cost:
Free with premium options

Compatibility:
Requires iOS 8.0 or later or Android 4.0 & up

What it does:
It's a fully immersive running game and audio adventure that motivates you to run faster by putting you in the middle of a simulated zombie attack. It's up to you to save the day, and the only way to do that is to run faster!

Why we love it:
There are few things that can make running truly fun, especially if you're not a natural runner. This app does just that by bringing you into a world where you're surviving a zombie epidemic as a runner en-route to "one of humanity's last remaining outposts."

What to watch out for:
If you stick with the free option, you may occasionally get locked out temporarily.

What people are saying:

"It pushes you at random times to pick up your pace and not give up. At the end you are rewarded with all these items that you can use to upgrade your base."

"This app was what got me started running a few years ago and it's only gotten better."



Fitocracy

Category:
Physical Fitness

Cost:
Free with premium option (\$1/day)

Compatibility:
Requires iOS 8.0 or later or Android 2.3.3 & up

What it does:

Meet your fitness goals by offering workout plans, awarding points for workouts logged, tracking progress and providing an online community for motivation and tips.

Why we love it:

By gaining points and badges for hitting certain achievements, Fitocracy is great for turning fitness into a game. If you have a competitive streak, this app could be just the ticket for hitting your fitness goals. If you opt for the premium option, you'll get customized workouts and nutrition plans from a coach.

What to watch out for:

Interface could use some work and some bugs have been reported.

What people are saying:

"It's one of the few workout trackers that keeps progress comprehensively, lets you compete against yourself and others, and has absolutely nothing to do with weight or calories if you prefer it that way."



Sleep Cycle Alarm Clock

Category:
Mental & Physical Health

Cost:
Free with premium option

Compatibility:
Requires iOS 8.0 or later or Android 4.0 & up

What it does:

It's an alarm clock that makes waking up easier by analyzing your sleep patterns and going off during your lightest sleep phase.

Why we love it:

Perfect for "non-morning" people, and an awesome way to wake up feeling alive and ready to go (even before your coffee). It also gives you detailed sleep analysis, customizable "wake-up windows", and tips for better sleep.

What to watch out for:

May be some bugs on Android devices, and there's no ability to schedule alarms in advance - they must be set manually each night.

What people are saying:

"The result is so gentle and lovely it feels like being woken up by a mermaid stroking your hair or a unicorn nuzzling your toes." – Customer review from The Guardian news publication

"Honestly it just wakes you up at the right(est) time."



CRON-O-Meter

Category:
Health & Nutrition

Cost:
\$2.99 for iOS \$2.64 for Androids

Compatibility:
Requires iOS 8.1 or later; varies across Android devices

What it does:

A web application that helps you track your nutrition and consumption habits, so it's easier to make healthy, smart eating decisions.

Why we love it:

It's incredibly easy to use, with streamlined food and exercise logging, nutritional data for takeout or home-cooked meals, a barcode scanner and biometric reporting. If you're on a mission to eat smarter, what more could you ask for?

What to watch out for:

Although the website is free, the mobile app can a little costly. Adding home-cooked recipes are only available on the website, however the meal will be available on the app right after that.

What people are saying:

"This is the best tool for tracking calories, macros, fitness, and nutritional details. And the layout is nice."

"I was diagnosed as PREdiabetic, and this app has really helped me to know how many carbs I am taking in. As a side benefit I have also lost 17 pounds."

There you have it.

11 (mostly free) mobile apps that we think can help you become more "well"; whether physically, financially, mentally, or all of the above. We've got one more solution for you, though: on-site eye exams for employees.

2020 On-site delivers high quality eye exams to companies via state-of-the art mobile vision centers, offering working professionals a convenient way to stay on top of their health.

If you'd like to learn more about how 2020 On-site can help strengthen your company's wellness initiatives...

please visit our website at:
www.2020onsite.com

or for more information email:
info@2020onsite.com

