

We know that the **WHOLE** person comes to work every day. We also know that you're balancing a lot at work and at home. In addition to career needs, you have needs in the areas of financial, social/emotional, community, and physical. Here are some apps you might find useful in finding your balance!



## PHYSICAL

**PHYSICAL WELLBEING-** Resources to support having good health and enough energy to get things done.

### PHYSICAL WELLBEING APPS

- **8FIT** – Personalized workout with delicious healthy recipes. - [www.8fit.com](http://www.8fit.com)
- **Deliciously Ella** – Nutritious recipes - [www.deliciouslyella.com](http://www.deliciouslyella.com)
- **Symple Symptom Tracker** – Monitors your health in a comprehensive approach - [www.sympleapp.com](http://www.sympleapp.com)
- **QuitGuide** – Helps you to track smoking cravings, identify triggers, learn strategies to deal with cravings, help you to cope with stress and bad moods, and monitor your progress. - [www.smokefree.gov/everytrycounts/](http://www.smokefree.gov/everytrycounts/)
- **HealthTap** – Answers from doctors to questions on health. - [www.healthtap.com](http://www.healthtap.com)
- **MyFitnessPal** – Manage your weight, fitness and nutrition. - [www.myfitnesspal.com](http://www.myfitnesspal.com)
- **ClassPass** – One app that gets you into the best fitness classes near you. - [www.classpass.com](http://www.classpass.com)

### PHYSICAL WELLBEING PODCASTS

- **Dishing Up Nutrition** – Listen in to learn the connection between what you eat and how you feel. [www.weightandwellness.com/resources/podcasts](http://www.weightandwellness.com/resources/podcasts)
- **Live Fit** – Help people to find good health and fitness, comfort, and satisfaction with their body [www.livefitlean.com/podcast/](http://www.livefitlean.com/podcast/)
- **Optimal Health Daily** – Podcasts about health and fitness. - [www.stitcher.com/podcast/optimal-living-daily-the-best-of-personal-development-productivity/optimal-health-daily-diet-nutrition-fitness-wellness](http://www.stitcher.com/podcast/optimal-living-daily-the-best-of-personal-development-productivity/optimal-health-daily-diet-nutrition-fitness-wellness)
- **Hurdle** – Features people who have gotten through a tough time by integrating wellness into their routines. - [www.hurdle.us/podcast](http://www.hurdle.us/podcast)

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Find the apps in either the Apple App Store or Google Play Store.

