



Apps to level up your mental and physical health



Looking for an app can be a challenging task, especially when you have to sift through the ones that require half your savings account.

Fear not, we're here and you don't even have to lift a finger. Well, maybe one to download these apps. Here's our curated list of apps available on both Android and iOS.



MINDSHIFT

Mental health



Do you need to vent about the soul crushing weight of your assignments? Mindshift has got your back with an online community and tips to manage your anxiety.

GET



INSIGHT TIMER

Mental health



We know how difficult it can be to get your eight hours but we have the perfect app for you to catch up on some zzz's with sleep music and meditations.

GET



JUST DANCE NOW

Physical health



So you think you can't dance? We got you with dance routines to get you through those summer parties. So, if you love dancing sprinkled in with nostalgia then this is the one for you!

GET



NIKE TRAINING CLUB

Physical health



If you want to get on that fitness track then Nike's app is perfect with a variety of free workouts ranging from dumbbell exercises to pilates.

GET