

There's an app for that!

Apps for Health and Fitness



You can use this app to enroll in the **All of Us Research Program** and share your health information for research. If you join the *All of Us* Research Program, you may answer surveys, update your health and lifestyle information, and/or be invited to take part in other studies.



HerbList gives you fast, free access to science-based summaries on more than 50 popular herbs, such as aloe, chamomile, ginger, and turmeric. Features include information on the herbs' common names, history, and uses, plus what the science says about their effectiveness for health purposes.



Live a healthier, more active life with **Fitbit**, the world's leading app for tracking all-day activity, workouts, sleep and more. Use the app on its own to track basic activity and runs on your phone, or connect with one of Fitbit's many activity trackers to get a complete picture of your health.



Meet healthy eating goals one at a time! Use the **Start Simple with MyPlate** App to pick simple daily food goals, see real-time progress, get support and earn badges along the way. This easy-to-use app can help you make positive changes. Healthy eating can help you achieve a healthier life overall.



Headspace is a simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. Plus, Sleep by Headspace helps you create the ideal conditions for a good night's rest.

