

Tips, Insights & Tactics

Favourite Health and Relaxation Apps

The proliferation of apps provides an ever-growing number of choices to access and store useful information and entertainment. We polled the Xerox marketing team to create this list of favourite apps to help keep body and mind in tune.

Health and Fitness Apps

Epicurious

Condé Nast Digital

iOS, Android
Free

Search more than 30,000 recipes from popular magazines and cookbooks. Save your favourites, create shopping lists, and access reviews from Epicurious members.

Calorie Counter & Diet Tracker

MyFitnessPal

iOS, Android, Windows, BlackBerry
Free

Track calories from an extensive food database and easy entry interface. An Editor's Choice selection from PC Magazine and Wired Magazine.



Pocket Yoga

Rainfrog LLC

iOS, Android, Windows
\$2.99

Develop your own personal yoga practice. Choose from three different practices, levels of challenge, and durations—combined they provide 27 unique sessions.

Sleep Time

Azumio Inc.

iOS, Android
Free

An advanced algorithm tracks your phase of sleep and sets off an alarm at the perfect moment. Never wake from a deep sleep feeling groggy again.

Map My Walk

MapMyFitness

iOS, Android, BlackBerry
Free

Track distance, routes, calories, and more to motivate and improve your activity level. Weight loss and social tools available for those who want them. Available in versions for running, hiking, etc.

Full Fitness

Mahrdad Mehrain

iOS
\$1.99

Instructions for hundreds of exercises, sorted by body region, muscle of target, and equipment access. Choose from 30 pre-defined routines, or create your own.

Everest

Everest Inc.

iOS
Free

Capture your dreams, big and small. Select a few to focus on. Break your goals into small steps, learn from others, and move from dreaming to doing.

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Favourite Health and Relaxation Apps

Meditation and Relaxation Apps

Buddhify

21 Awake Ltd.

iOS, Android

\$2.99

The urban meditation app for modern life. Featured in lifehacker, Guardian, and named by the UK's The Sun, as the #1 Health app for busy city workers.

Simply Being

Meditation Oasis

iOS, Android, Windows, BlackBerry

99¢

Meditate easily with this elegantly simple app. Enjoy the deep relaxation, stress relief and benefits of meditation without prior experience.

Calm

Calm.com

iOS

Free (programs by subscription)

Discover how quieting your mind can improve your mood—and your life. Relaxation programs can be added via subscription.

Omvana

Mindvalley Creations Inc.

iOS

Free (add free and paid tracks)

Allows you to mix and customize each meditation your way. Combine vocal tracks with a collection of ambient sounds and binaural tracks.

Headspace

Headspace Meditation Ltd.

iOS, Android

Free ten-day trial (subscription)

Meditation made relevant to you. Bite-sized techniques to help you sleep more restfully, focus your thoughts, and relax your mind.

Fun and Games Apps

Candy Crush Saga

King.com Ltd.

iOS, Android

Free

Switch and match your way through more than 300 levels in this addictive puzzle adventure. (Free, but some in-game items such as extra moves or lives require payment.)

Jetpack Joyride

Halfbrick Studios

iOS, Android, Kindle Fire, BlackBerry

Free

Suit up and take to the skies as Barry Steakfries, on a one-way trip to adventure. From the creators of another hit game: Fruit Ninja.

Cut the Rope

Chillingo Ltd.

iOS, Android

Free, \$1

A mysterious package has arrived, and the little monster inside has only one request: candy. Collect gold stars, uncover hidden puzzles and unlock new levels in this award-winning game.

Bad Piggies

Rovio Entertainment Ltd.

iOS, Android, Kindle Fire

Free, 99¢

Create the ultimate flying machine and steer these bad piggies safely to their destination. With more than 60 levels, for hours of pig-crashing, exploding, flying fun.

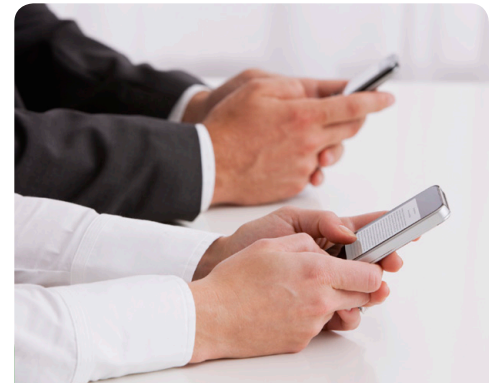
Punch Quest

Rocketcat Games

iOS, Android, Kindle Fire

Free, 99¢

Arcade-style fighting game. Jab, slam, and uppercut monsters as you run through dungeons full of branching paths, rare events, and fragile pottery.



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