

*"We can't control what goes on the outside. But we can always control what goes on the inside"*



## YOUTH EXCHANGE HEAL(TH) YOURSELF

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This booklet was created by the young people during the youth exchange "Heal(th) yourself". Here we collected information about different applications that can help us to be fit, to eat healthier, to take care of mental and physical health.

mental  
health  
physical  
health  
education



These apps help us how to eat healthier, to be fit, based on height, width, weight and body shape. But these are not free. But we found the Daily dose by doctor Greger. All his proceeds from his books, DVDs, and speaking engagements are all donated to charity.

NutritionFacts.org is a non-commercial, non-profit, science-based public service provided by Dr. Greger, providing free daily updates on the latest in nutrition research via bite-sized videos. He has nearly a thousand videos on every aspect of healthy eating, with new videos and articles uploaded every day

**[My fitnesspall](#)**

**[Lifesum](#)**

**[Daily Dozen](#)**

**[Healthy meals](#)**

Learning new things is one of the most important part of our life. And what could be better than learning in the game through technologies? There are many apps that can learning you how to making a difference which product has more calories and which one has less, how to remember where the organs are in our body or how to provide first aid. Here are some cool educational health applications you should try:



### **3D model of the human body**

A 3D model of the human body in your phone Shows a three-dimensional model of the organs of the human body, as well as a description of all of them. This application is intended to complement the study of anatomy in medicine, biology or other. Touching every organ like heart, brain, lungs, reproductive system, liver, intestines, ovaries, testes, stomach,

kidneys, etc. information is displayed. Practical, useful and valuable anatomical information in the palm of your hand. Reference to elementary education, high school, college or culture in general.

### **Healthy Food - Healthy Recipes**

What about an app that can provide you with healthy recipes ? In this app you could enjoy:

- All healthy recipes with photo and simple detailed instructions
- All free easy recipes are divided into the categories
- You can choose the recipes you liked and keep them in your favorites. You can save cooked recipes
- There is a table of caloricity
- Recipe app works offline and your favorite recipes will always be with you, even when you have no Internet connection!

### **First AID**

Easy to use. Free. It can save lives. The official Red Cross program provides instant access to the information you need to know to provide first aid in the event of the most common emergencies. Videos, interactive surveys and simple step-by-step tips - getting information about first aid has never been so easy. The app has emergency numbers. Also, you can take a test and test your skill level. You can pre-download the content and use it without the Internet. The application is available in 41 languages

# Mental health apps

## 7 cups

Anyone who wants to talk about whatever is on their mind can quickly reach out to a trained, compassionate listener through the network.

## UpLife

Brings together self-development courses from professional psychologists, meditation and practice for self-knowledge and inner transformation. The application contains self-development courses for various spheres of life. Each day of the course is a session lasting about 15 minutes a day.

## Wysa

Wysa is an AI-powered mental health app. Wysa is something like a chatbot that can respond with words of affirmation, or guide a user through one of 150 different therapeutic techniques.

# Physical health apps

## Runtastic apps

Track your runs, bodyweight training sessions, and other fitness & sports activities with adidas Runtastic apps

## Pam App

Helps you take care of your fitness & nutrition. Lots of recipes, helpful tips, meal & workout plans are waiting for you!

## Charity Miles

Get Fit and Make an Impact. Charity Miles lets you turn a neighborhood jog or weekend hike into a fundraiser for good. !

## Animal Flow

Animal Flow is ground based movement, made fun, challenging and effective. This system is designed to improve strength, power, flexibility, mobility, and coordination for all levels of fitness enthusiasts

## Water reminder

Reminds you to drink water, a great application that take care of your health. Let drink water remind you to drink water if you always forget it.

## Prana Breath

Prana Breath is the app that makes breathing gymnastics and meditation easy. Breathing gymnastics and meditative practices provide you: improvement of cognitive skills: attention, memory, concentration. control over your emotions, including anxiety attacks and emotional over-eating. vivacity during the whole day.



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