

## Installation Guide for the Healthy Belly™ App

If you are using an Android device:

- Go to your phone settings.
- Go to the “Security” option/tab.
- Enable the “Unknown Sources”/”Unknown Apps” item.
- Go to the APK file linked.
- Click it and Install.
- Run Healthy Belly.

If you are on PC/Mac

- Download the Healthy Belly APK onto your computer.
- Find an online Android emulator (APKOnline for example)
- Once the emulator is running, refer to the “If you are using an android device”