

TOP 3 WELL BEING ENHANCING APPS

In today's busy world, a person busy in his career & job sometimes ignores his/her health. 21st Century has made everything easy on hands even if its your health. Therefore, there are certain apps developed in the market for people who find hard to engage their time in well being. So these apps helps to tracks your health, manages your diet & alarms you on time for the same.

Below is a short survey conducted by me for the same. There are 3 apps listed below according to the Indian market that are ranked in top 3

1: NIKE FITNESS CLUB:

- ✓ Nike Fitness Club is a leading app that helps you to track your physical health.
- ✓ They help by creating certain video with a proper guidance.
- ✓ They also help you plan a nutritious diet.
- ✓ They create customised plans for the users so as to update them on loosing weight, gaining weight etc.

Overall This app helps you with variety of workouts, fitness resources & training plans to build you body.

2: CALM:

- ❖ Calm is a leading app that helps you track with your mental well being.
- ❖ They provide certain sessions so as to reduce your stress & anxiety.
- ❖ They include certain daily exercises so as to improve you present moment & reduce stress
- ❖ They also help in tracking your progress with the time the users have meditated & keep them motivated

Overall this app helps your well being in a mental way & help you become stress & anxiety free thus enhance your overall well being

3: MY FITNESS:

- This app mainly focuses on fitness & nutrition tracking.
- They help users to reduce their weight or stay fit depending on their diet & exercise.
- They provide certain guidance in order for the users to burn their calories.
- They allow sync with some apps like fitness trackers for overall well being.

Overall this app helps you with keeping your diet & nutrition in a manner to promote your health.

Depending on the above information about fitness app, there are certain things for any startup / company to incorporate for being in this competition.

All these 3 apps are different in their own aspects so as to develop the users well being. Some where these apps lack in one or the other way. One app focuses on physical well being, the other on mental well being & the third on nutrition. For any company to be in the competition, should have all these 3 qualities enhanced in one.

Apart from all these aspects, looking up the actual condition there are many people who cannot engage themselves in these activities. Even if they cope up with physical activities, their mental well being is still not gained. Even if any company tries to fit all these qualities in one, there are still certain things that cannot be controlled.

In my personal opinion a person who is spiritually fit is fit from all aspects so to achieve it, one should be engaged in certain spiritual activities if not so then there are other ways to achieve it.

