

Fun Online Resources

Using the Health Matters Curriculum with the Project SEARCH Program Model

Physical Health

- Johnson & Johnson Official 7 Minute Workout
<https://www.7minuteworkout.jnj.com/>
- Blogilates <https://www.blogilates.com/>
- Charity Miles <https://charitymiles.org/>
- Down Dog <https://www.downdogapp.com/>
- Fitness Blender <https://www.fitnessblender.com/>
- Flo <https://flo.health/>
- Forte <https://www.forte.fit/>
- Johnson & Johnson Official 7 Minute Workout
<https://www.7minuteworkout.jnj.com/>
- Map My Fitness <https://www.mapmyfitness.com/>
 - <https://apps.apple.com/us/app/map-my-fitness-by-under-armour/id298903147>
- Nike Training Club <https://www.nike.com/gb/ntc-app>
- Sworkit <https://sworkit.com/>
- Yoga Wake up <https://www.yogawakeup.com/>
- Zombies, Run <https://zombiesrungame.com/>

Nutritional Health

- My Fitness Pal <https://www.myfitnesspal.com/>
 - <https://apps.apple.com/us/app/myfitnesspal/id341232718>
- MyPlate <https://www.choosemyplate.gov/>
- YouFood <https://apps.apple.com/us/app/youfood-photo-food-journal/id719841416>
- Fooducate <https://www.fooducate.com/>

- Plant Nanny <https://plantnanny.app/>

Mental Health

- Be Focused <https://apps.apple.com/us/app/be-focused-focus-timer/id973130201>
- Breathe2Relax <https://apps.apple.com/gb/app/breathe2relax/id425720246>
- Calm <https://www.calm.com/>
- Colorfy [https://play.google.com/store/apps/details?id=com.fungamesforree.colorfy&hl=en_US](https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_US)
- Happify <https://www.happify.com/>
- Headspace <https://www.headspace.com/>
- Superbetter App