

Sometimes there are tools we can use digitally online that will help us be healthier offline. In this week's handout we are looking at apps and podcasts for mobile devices such as smartphones and tablet computers can help us be healthier!

NHS Apps & Podcasts		
1	<p>This handout looks at apps and podcasts you can use that are recommended by the NHS. You may have heard of these when people are talking about smartphones or tablet devices. They are a way to keep healthy, check your progress and receive hints and tips whilst away from a laptop by using either a smart phone or tablet device.</p>	
2	<p>We are going to use the NHS website which can be reached via the internet, so firstly we need to locate an internet browser and then enter www.nhs.uk into the address bar along the top of the screen. Once you've done this and pressed the enter key a webpage similar to the one on the right should appear.</p>	
3	<p>Along the top of the webpage is a search bar.</p> <p>Type tools into the search bar and then press enter. You'll be greeted with a list of various health tools. How many is it listing?</p>	
4	<p>We are now going to take a closer look at some of the apps that are health themed.</p> <p>If you search the NHS website for apps, you'll be able to find the NHS apps library.</p> <p>On the apps specific page, it informs you of what the app allows you to do, how to use the app and even gives you the option of downloading it now from your laptop or pc to your smartphone.</p>	

