

Title	Description	Segment	Price	Device
Aikido for Kids		Primary / Secondary	Paid	iPhone/ iPad
auFeminin.com	<p>Women - and their questions, on the personable French site.</p> <p>The online forum devoted to women and their questions - sharing issues, photos, opinions and information, whether you are a teenager, an older woman, pregnant, or a mother. Elegant and practical, offering enriching encounters on the wide-ranging fora, blogs and chats.</p>	Secondary/ HiEd	Free	iPhone
Calorie Tracker - LIVESTRONG.COM: Achieve Your Diet and Fitness Goals	<p>Achieve your diet goals!</p> <p>Set your weight management goals, and track your calories, exercise achievements and progress, with an online food journal containing over 625 000 food and fitness items. Customized daily calorie intake based on your goals, and a diary of your caloric, fat, cholesterol, sodium, carbohydrate, sugar, fiber and protein intake. Support and expert Q&amp;A online.</p>	Secondary/ HiEd	Paid	iPhone/ iPad
CoachPad	<p>Ideal tool for coaches.</p> <p>Sketch out and display formations and tactics in a simple and intuitive way. Save sketches to view, or remove to gallery and reuse as template. Full and half field templates for basketball, baseball, football, soccer, rugby, volleyball, grid iron, tennis, ice hockey, field hockey, lacrosse, netball, plus a range of icons.</p>	Universal	Paid	iPad
Cycle meter GPS Cycling Computer for Road & Mountain Biking	<p>How far can you go?</p> <p>A complete solution for tracking your workouts, for running, cycling, walking, skating, skiing and more. Record your workout data, visualize in maps and charts, summarize your statistics, race, monitor progress with configurable announcements, and share with your workout buddies, family or coach via email or Twitter.</p>	Secondary/ HiEd	Paid	iPhone

FitnessPlan	<p>A rapid and stable exercise tracker.</p> <p>In a simple format, you enter date, time and details of the exercise you have carried out. Track your progress, or overall amount of each discipline within a period of time. Use the data to plan and modify your future exercise programs.</p>	Secondary/ HiEd	Paid	iPhone
Food & Nutrition	<p>Information on food and nutrition.</p> <p>We all know we should eat healthily - but what are the key categories of nutritional health? The app provides basic information on proteins, carbohydrates, fats, vitamins, minerals and water - the elements which make up our daily diet. Focus is on eating a variety of foods.</p>	Secondary/ HiEd	Free	iPhone
Food additives checker (E Numbers)	<p>What's in your food?</p> <p>The app provides a quick database for food additives, including their name, safety level and purpose, so that you can monitor additive content in the supermarket and check what you are consuming. Support for several languages means it is a handy travel item for checking foods purchased when traveling.</p>	Secondary/ HiEd	Paid	iPhone
Fresh Fruit	<p>Fruit is good for you!</p> <p>Explore more fruit-eating options with this handy app that provides information about which fruits are in season, suggests lesser-known fruits, and gives data about nutritional properties and vitamin content for each fruit. An app that encourages you to eat more healthily.</p>	Universal	Free	iPhone
Fruit and Nuts	<p>What fruit is that?!</p> <p>Dragon fruit? Higo chumbo? No problem - the app identifies over 150 fruit and nuts available in Europe, including Latin names, and information about how to prepare in the kitchen. Expand your repertoire of healthy fruit and nut options, by branching out to new choices, with suggestions from this app.</p>	Universal	Paid	iPhone

iBody - get in shape	<p>A handy health and fitness manager.</p> <p>Track your pulse rate, cholesterol, blood pressure, weight, body fat index, and calories you burn. Track your exercise distances and routes, with background GPS module. Define entry categories that suit you, keep a fitness log, and assess your stats. For health and fitness newbies or hardcore athletes!</p>	Secondary/ HiEd	Paid	iPhone
iWorkout	<p>A personal trainer in your pocket!</p> <p>More than 100 workout videos narrated by a certified fitness expert. Trainer tips in each video, and an exercise metronome to time repetitions. Fitness areas: cardio, core weights, free weights, machine exercises, stretches, swiss ball, and abs, circuit training, full body, lower body and upper body. Exercise diary included.</p>	Secondary/ HiEd	Paid	iPhone
MultiTimers	<p>Beautiful multi-timer.</p> <p>An attractive, practical app that allows you to set different timers, with different sounds, see them all on one visual interface, and keep timing even when app is closed.</p> <p>Very useful for cooking, lab experiments, or any tasks with multiple elements that require time-tracking.</p>	Universal	Paid	iPhone
Seasons	<p>Eat in harmony with the seasons.</p> <p>App focuses on the growing trend for following the natural seasons in choosing food. Seasons data for fruits, vegetables, lettuces, herbs, fungi and nuts. 170 entries each with photo, short description and season data. Includes local seasons as well as import seasons. Monthly and category overviews, locations of farmers' markets and local food sources.</p>	Secondary/ HiEd	Paid	iPhone
Sleep Cycle alarm clock	<p>Wake up rested!</p> <p>Uses the accelerometer in the iOS device to sense sleeper movements, and extrapolate sleep patterns. Wakes you in the lightest sleep phase, when you are most naturally ready to wake up, finding the optimal time to wake you in a 30 minute period before your chosen alarm time. Wake up both on time and refreshed.</p>	Secondary/ HiEd	Paid	iPhone

Table kcal	A simple French tool for managing calorie intake. 1 500 products classed in French, classed by category and with individual name search. You can also calculate your body mass index (BMI), ideal weight, energy requirements, and calories burned through exercise. Clearly laid out, easy to use.	Secondary/ HiEd	Paid	iPhone
The Vitamin Adventures of Don and Flip	A fun way to learn about vitamins! Interactive children's book featuring two bird characters. Each round of the story involves a related game for the child, with information about each vitamin. Winning the game increases the child's vitamin powers, and they move on to the next level. Amusing combination of information, story and play.	Secondary	Free	iPad
Yoga STRETCH	Your own personal yoga instructor! You can play yoga sessions from 1 to 60 minutes, fully customizable, with choice of over 60 postures. Beautiful images of the poses. Use an audio instructor that tells you which pose to transition to, or explains the pose, as you wish. Select soothing background music for your practice.	Secondary/ HiEd	Paid	iPhone