

## Check out these great websites for Health and Wellness Ideas...



## **Nutrition Related Sites:**

<u>www.choosemyplate.gov</u> –Here is where you can type in your age, sex, and physical activity to find out the number of servings included on the pyramid you should be consuming on a daily basis. <u>www.eatright.org</u> - Academy of Nutrition and Dietetics, the world's largest organization of Food and Nutrition professionals.

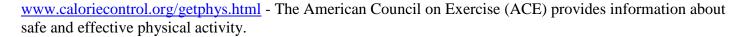
http://www.accessdata.fda.gov/videos/CFSAN/HWM/hwmintro.cfm The FDA has a site where you can make your calories count by learning how to understand & use nutrition labels on food products.

<u>www.fruitsandveggiesmorematters.org</u> - More Matters is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health.

www.womenshealth.gov/faq/heart-healthy-eating.cfm - Women's Health for A Healthy Diet.

<u>www.eatbetteramerica.com</u> - General Mills designed this site for people who crave simple, easy-to-understand health and nutritional information.

## **Physical Activity Related Sites:**



http://dhs.wisconsin.gov/health/physicalactivity - The Wisconsin Department of Health Services for Wisconsin has good Physical Activity information.

<u>www.fitness.gov</u> –President's Council of Fitness. This site has resources and topics pertaining to fitness and includes the President's Challenge, Guidelines for Personal Exercise Programs, and more!

<u>www.health.gov/PAguidelines</u> -The Department of Health and Human Services 2008 Physical Activity Guidelines for Americans.

<u>www.justmove.org</u> –Provides recommendations, resources, and an exercise diary to help people keep track of their efforts.

www.ncppa.org – National Coalition for Promoting Physical Activity.

<u>www.physicalfitness.org</u> – The National Association for Health and Fitness, this is also the sponsor for the annual Nation Employee Health and Fitness Day event.

http://www.shapeup.org/resources/10ksteps.html - Shape Up America! 10,000 Steps program.

http://www.letsmove.gov - America's move to raise a healthier generation of children with resources to do so.



## **General Health Related Sites:**

www.aarp.org/health - American Association of Retired Persons addresses specific topics for people over 50.

www.fitness.gov - President's council on fitness, sports, and nutrition.

www.americanheart.org - The American Heart Association's site which discusses food, nutrition, and diets.

<u>www.diabetes.org</u> - American Diabetes Association has information about staying healthy, being active, eating better, and preventing and living with diabetes.

<u>www.everydayhealth.com</u> – Includes a variety of health and wellness information that is easy to understand & incorporate into day-to-day living.

http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/WhatsNew.htm - The USDA Nutrition and Physical Activity site for the general population.

www.healthfinder.gov – Information on health topics A-Z

<u>www.nhlbi.nih.gov/health/public/heart/obesity/wecan</u> - We Can! Ways to Enhance Children's Activity and Nutrition.

<u>www.nutridiary.com</u> - This website is free to sign up for and includes a calorie counter for those who want to lose weight or maintain their weight.

<u>www.realage.com</u> –Many resources for healthier eating, information from doctors, quizzes to assess your health, and numerous other great tips for exercising and healthy eating.

<u>www.sparkpeople.com</u> - Free online tools for personalized diet & fitness plans, calorie counters, exercise trackers, fitness demonstrations and videos, and message boards.

<u>www.welcoa.org</u> – The Wellness Council of America website has many great tools available to members and some FREE items for non-members.

www.wisconsinchallenge.org - State of Wisconsin – Governor's Challenge.

<u>https://familyhistory.hhs.gov</u> - Keep a log of your family history to give to family Doctor on this FREE and safe website provided by Surgeon General.

https://www.supertracker.usda.gov/default.aspx Tools to personalize your nutrition and physical activity plan, track foods and physical activities, and getting tips/support to help to make healthier choices and plan ahead.

