



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

www.mypyramid.gov/ –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.

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

www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/ - The USDA Nutrition and Physical Activity site for the general population

www.cfsan.fda.gov/~ear/hwm/labelman.html - The FDA has a site where you can make your calories count by learning how to understand & use nutrition labels on food products.

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

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

www.fitness.gov –President’s Council of Fitness. This site has resources and topics pertaining to fitness and includes the President’s Challenge.

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

<http://www.caloriecontrol.org/getphys.html> - The American Council on Exercise (ACE) provides information about safe and effective physical activity.

www.healthierus.gov – Health and nutrition website that has many additional government health websites listed.

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

www.hp2010.nhibihin.net/menuplanner/menu/cgi - Interactive menu planner from the National Heart Lung and Blood Institute.

<http://www.smallstep.gov/index.htm> - U.S. Department of Health & Human Services, improving the health and well being of America. Aimed at adults and kids, lists many resources for eating better & becoming more physically active. Includes activity trackers and tips of the day.

<http://www.fitness.gov/fitness.htm> - Fitness Fundamentals: Guidelines for Personal Exercise Programs

<http://www.shapeup.org/shape/steps.php> - Shape Up America! 10,000 Steps

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

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

http://www.phf.org/resourcestools/Pages/About_Public_Health_Improvement_Resource_Center.aspx - Public Health Foundation's website for Improving public health quality and performance through innovative solutions and measurable results

<http://www.foodandhealth.com/products.php?pid=164> – Resource site to purchase materials for wellness and nutrition

www.5aday.com – Produce for a Better Health Foundation site.

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

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

www.coping.org – A variety of tools for adults and parents to assist in coping with the various stressors in life.

www.acfn.org – American Council for Fitness and Nutrition.

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

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

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

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

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

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

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

<http://www.wisconsinchallenge.org> - State of Wisconsin – Governor's Challenge

