



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



Nutrition Related Sites:

www.choosemyplate.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.

www.eatright.org - 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.

www.fruitsandveggiesmorematters.org - 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.

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

Physical Activity Related Sites:



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

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

www.fitness.gov –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!

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

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

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

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.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.

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

www.everydayhealth.com – 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

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

www.nutridiary.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.

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

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

www.welcoa.org – 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.

<https://familyhistory.hhs.gov> - 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.