



Other Resources

Below are some websites and smartphone applications that might be helpful to you. Check them out for all sorts of tips, resources, and even games!

Websites





	A Calorie Counter	www.acaloriecounter.com Search the USDA in the easiest and most user-friendly format available! Receive nutrition facts such as calories, carbohydrates, protein, fat, cholesterol, and sodium for some of your favorite foods.
	Alliance for a Healthier Generation	http://www.healthiergeneration.org/ Find out how this organization is working with leading companies and industries to address the public health concern of childhood obesity. View videos, discover recipes, and pick-up tips for a healthier you!
	American Heart Association	www.heart.org Check out recipes, healthy cooking tips, secrets to heart-smart shopping at more at the Nutrition Center and pick up extra motivation get moving in the American Heart Association's physical activity page.
	Bodimojo	www.bodimojo.com If you're a teen, this site is for you. Test your own knowledge with quizzes on a variety of different health topics and check out cool tools and games! They even have a SmartPhone app version!
	Centers for Disease Control and Prevention	http://www.cdc.gov/healthyweight/calories/index.html In addition to having lots of other great information, the CDC's website has tips on balancing calories to maintain a healthy weight. It includes recommendations about physical activity and Q&A's about how your body works!
	Choose MyPlate	www.choosemyplate.gov This excellent site is super user-friendly and provides videos about building a healthy plate, sample menus and recipes, and daily food plans. It even has a place where you can track your own foods and exercise in its <i>SuperTracker!</i>
	Everyday Choices	www.everydaychoices.org This site pulls from the American Cancer Society, American Diabetes Association, and American Heart Association to provide you with tips and recommendations for making healthier choices <i>every day.</i>
	Kids Health	www.kidshealth.org This site has great advice for parents, kids, and teens. Learn about all sorts of health topics, including food and fitness! There are games, recipes, and more!




	<p>Together Counts</p>	<p>www.togethercounts.com Looking for tips on healthy living, meal planning, and family fitness? This site focuses on getting the whole family involved in a healthy lifestyle. There are all sorts of games, activities, and tons of information!</p>
	<p>We Can!</p>	<p>www.nhlbi.nih.gov/health/public/heart/obesity/wecan/ This site is a great resource for everyone! It starts out with the healthy weight basics, and moves into how to eat right, get active, and reduce screen time.</p>

Smartphone Apps





FITNESS

	App Name	Cost	Description
	<p>Every Body Walk!</p>	<p><i>Free</i></p>	<p>The Every Body Walk! app enables you to personalize your walking plan, connect with walking communities, learn about the latest fitness trends and tips, and more. Get connected and get walking! Track and save your own walking routes, build your walking history—then share your progress on <i>Facebook</i>.</p>
	<p>Fleetly</p>	<p><i>Free</i></p>	<p>It's like having a personal trainer on your iPhone – making it easy to discover new workouts, track your progress, compete with friends, and earn medals for your achievements. Post your results on <i>Facebook</i>. Offers hundreds of exercises, professionally designed workouts, and open challenges. You can also create and share your own workout routines, make challenges for your friends, and keep track of your weight.</p>
	<p>Pedometer Multifunctional</p>	<p><i>Free</i></p>	<p>A pedometer which counts steps, calculates distance, average speed, calories, elapsed time. It is multifunctional. You can run while listening to music. See an image of the step you take! FEATURES:</p> <ul style="list-style-type: none"> • Create a playlist and listen to music while training • Detailed exercise history • Lock button with a screensaver • Adjustable sensitivity and step length for maximum accuracy • Laps functionality
	<p>WakeMyMojo</p>	<p><i>Free</i></p>	<p>Earn points by tracking your fitness, food, and mood and monitor your health stats over time.</p>




BLOOD PRESSURE MONITORING

	App Name	Cost	Description
	BP MonitorLite	<i>Free</i>	Blood Pressure Monitor - Family Lite keeps track of your important health stats, including blood pressure, weight, and heart beat rate. Uses graphical charts for visual trends which, along with the stats, can be exported or emailed to your doctor. Reminders can also be set up to be reminded to take your blood pressure.

FOOD

	App Name	Cost	Description
	Eat This, Not That	\$4.99	Tips for what to eat (and what not to eat) at major restaurant chains. Provides specific menu suggestions.
	DASH (Dietary Approaches to Hypertension) Diet Shopping List	\$1.99	This shopping list provides everything you will need to make your selection at the market a snap.
	Dash Diet Recipes	\$1.99	Compilation of 50 of the tastiest Heart Healthy recipes compliant with the Dash Diet.
	Fooducate	<i>Free</i>	Scan a product barcode, see what's really inside, select healthier alternatives. Great for making decisions at the supermarket.
	Figwee	\$1.99	This "portion explorer" includes over 28,000 images of weighed foods so you can see how what you eat compares to the pictures and get nutrition information, such as calories, fat, carbohydrate, protein, cholesterol, and sodium!
	Kidney Diet	\$4.99	Helps people with kidney disease make better decisions about their diet. If you are facing Chronic Kidney Disease (CKD) or End Stage Renal Disease (ESRD), becoming aware of the sodium, protein, phosphorus, and potassium in your diet is of utmost importance. Just scroll through the list or type an item into the search field and quickly determine the nutritional counts of a variety of foods.



	Sodium 101	<i>Free</i>	Track your sodium intake, compare and track sodium content in food, converter allows you to calculate the amount of sodium in any amount of salt, track your daily progress. Can share you daily sodium totals on Facebook and Twitter.
	Good Food Near You	<i>Free</i>	This app recommends healthy food options based on your location, which is tracked by GPS. It targets popular casual dining restaurants, fast-food restaurants, grocery stores and convenience stores nearby.
	Whole Foods Market Missions	<i>Free</i>	Broaden your palate and get introduced to a new range of delicious and nutrient-dense foods. You can get cooking tips and even earn badges for completing missions such as “cut the salt!”