

There are lots of resources to help you reach and maintain a healthy weight – here’s a list to help you get started!

Websites:

1. My Eat Smart Move More North Carolina – www.myeatsmartmovemore.com
2. Eat Smart Move More Weight Less – www.esmmweighless.com
3. Healthy weight: It’s not a diet, it’s a lifestyle! – www.cdc.gov/healthyweight
4. Physical activity – www.cdc.gov/physicalactivity
5. Let’s Move – www.letsmove.gov
6. Fitness and Nutrition - <http://womenshealth.gov/fitness-nutrition>
7. Choose my Plate – www.choosemyplate.gov
8. Fruits and Veggies Matter – www.fruitsandveggiesmatter.gov/index.html
9. My Bright Future – www.hrsa.gov/womenshealth/mybrightfuture/menu.html
10. Small Step – www.smallstep.gov

Smartphone/web tracker applications:

1. Lose it! – www.loseit.com
2. Livestrong.com Calorie Tracker – www.livestrong.com
3. Weight Watchers – www.weightwatchers.com
4. Calorie Counter by FatSecret - www.fatsecret.com