

WEBSITES

Check out the websites below for EVIDENCE-BASED information on the importance of achieving a healthy weight and tips to help you get there

AIM FOR A HEALTHY WEIGHT:

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Provides key recommendations for weight loss and links to physical activity and behavior change guides, shopping tips, recipes, sample menus, and a daily food diary.

HEALTHY WEIGHT:

<http://www.cdc.gov/healthyweight/index.html>

Offers information on calorie and portion control, recipes, self-monitoring tools, goal setting guide, and recommended physical activity levels.

NATIONAL WEIGHT CONTROL REGISTRY:

<http://www.nwcr.ws/>

A database tracking more than 5,000 people and their weight loss maintenance. The NWCR asks its members detailed questions about their weight loss behaviors in order to identify the characteristics of individuals who achieve long-term success at losing weight **and** keeping it off.

HEALTHY BODY CALCULATOR:

<http://www.dietitian.com/calcbody.php>

Calculates your body mass index (BMI) and dietary recommendations based on your weight loss goals.

HEALTHY EATING:

<http://www.choosemyplate.gov>

Provides practical information to individualsto help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information