

Food & Fitness Resources

General Nutrition & Health

Need to devise an eating plan that suits your food preferences, activity level, lifestyle, and specific calorie needs? Go to www.mypyramid.gov and choose My Pyramid Tracker.

Wonder what is in the food you eat? Go to www.nutrition.gov to access nutrient data base.

Fruits and Vegetables

Need recipes or ideas on how to prepare fruits and vegetables? Go to www.cdc.gov/nccdphp/dnpa/5ADay/index.htm

Exercise

Need tips on exercise or how to build physical activity into your daily routine? Go to www.cdc.gov/nccdphp/dnpa/physical/index.htm

Fitting Fitness in Even When You're Pressed for Time. This publication has pictures of strengthening/stretchers that can be done anywhere.

www.shapeup.org/publications/fitting.fitness.in/index.html

Looking for a run or race to join? Type in your zip code and find out what events are in your region.

www.active.com

Assessments

Calculate your Body Mass Index (BMI) at

www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm

Want to know how far you've walked or biked? Type in "Klamath Falls, Oregon" and map out your route.

www.gmap-pedometer.com