

WEST SIDE PEDIATRICS

Healthy Weight Resources

Websites:

Healthy Active Living for Families: <https://www.healthychildren.org/English/healthy-living/growing-healthy/Pages/default.aspx>

CDC: Assessing your Weight: <http://www.cdc.gov/healthyweight/assessing/>

Eat, Play and Grow: <http://www.nhlbi.nih.gov/health/educational/wecan/>

Let's Move: <http://www.letsmove.gov/>

Go Vibrant! For a Healthy Cincinnati: <http://www.govibrant.org/home.php>

Choose My Plate <http://www.choosemyplate.gov/>

American Academy of Pediatrics Institute for Healthy Childhood Weight: <https://ihcw.aap.org>

Kidnetic: <http://www.kidnetic.com/>

CDC: Body and Mind: <http://www.cdc.gov/bam/>

Academy of Nutrition and Dietetics: <http://www.eatright.org/>

Sites that Help you track calories and fitness:

My Fitness Pal: <https://www.myfitnesspal.com/>

Sparkpeople: <http://www.sparkpeople.com/index2.asp>

Supertracker: <https://www.supertracker.usda.gov/>