

CHAPTER 8: WEB RESOURCES

Nutrition

Nutrition.gov provides easy access to food and nutrition information from the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

www.nutrition.gov

The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture, was established in 1994 to improve the nutrition and well-being of Americans. Toward this goal, the Center focuses its efforts on two primary objectives: (1) advancing and promoting dietary guidance for all Americans and (2) conducting applied research and analyses in nutrition and consumer economics.

www.mypyramid.gov

NutritionData.com provides complete nutritional information for any food or recipe and helps you select foods that best match your dietary needs. The Web site features interactive tools and useful calculators.

www.nutritiondata.com

The American Dietetic Association (ADA) is the nation's largest organization of food and nutrition professionals. The ADA's commitment to helping people enjoy healthy lives encompasses five critical health areas facing all Americans: obesity; healthy aging; a safe, sustainable, and nutritious food supply; nutrigenetics and nutrigenomics; and integrative medicine.

www.eatright.org

IntelliHealth's mission is to empower people with trusted solutions for healthier lives. The IntelliHealth staff provide credible information from sources like Harvard Medical School and Columbia University College of Dental Medicine. The wealth of health information includes health news and content as well as access to tools and risk assessment indicators.

www.intellihealth.com

Recipes

Don't know how to cook? Short on time? No problem. Explore the following sites for quick and easy recipes designed with students in mind.

www.studentrecipes.com

www.yummy.com

www.grouprecipes.com

Fitness

FitDay is a tool to help you achieve your nutrition, weight loss, diet, and fitness goals. The Web site provides a free food journal, calorie counter, exercise log, weight loss tracker, and nutrition facts book all rolled into one. By combining that with powerful analysis and graphical reporting, it's an easy and personalized way to keep track of your goals and progress from anywhere using the Web.

www.fitday.com

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve. It only takes a small change. Instead of telling yourself you can't, tell yourself you can.

www.presidentschallenge.org

FullFitness.net offers an illustrated guide to exercises you can perform with weight machines, free-weights, or alone. To get started, select a target area like abs, shoulders, arms, back, chest, or legs.

www.fullfitness.net

LifeTips features an index of tips from experts on aerobic exercise, strength training, injury prevention, stretching, and more.

<http://exercise.lifetips.com>

WholeFitness.com is divided into three sections: Body Fitness, Diet Fitness, and Mind Fitness. The Body Fitness topics include tips, articles, and how-to photo tutorials about exercise, strength training and bodybuilding, sports fitness, home and gym workouts, and more.

www.wholefitness.com

Sleep

Established in 1979, the Better Sleep Council (BSC) is a nonprofit organization supported by the mattress industry. The BSC is devoted to educating the public about the importance of sleep to good health and quality of life.

www.bettersleep.org

The National Sleep Foundation (NSF) is "Waking America to the Importance of Sleep." The NSF is committed to helping everyone better understand the importance of sleep and recognizing the signs of sleep problems so that they can be properly diagnosed and treated.

www.sleepfoundation.org

Sleepnet.com's goal is to link all the sleep information on the Internet. With over 25,000 articles, they have "everything you wanted to know about sleep but were too tired to ask."

www.sleepnet.com

Stretching

There are occasions when you may have to be at your computer for several hours at a time. As a general rule, you should get up and stretch every half hour. The following Web sites offer free programs you can download to remind you of your stretch breaks.

www.ergocise.com

www.workrave.com

Disease Prevention

WebMD provides valuable health news, tools for managing your health, and support to those who seek accurate and current information.

www.webmd.com

Mayo Clinic's three main Web sites provide information and services from the world's first and largest integrated, not-for-profit group medical practice. Manage your health with information and tools that reflect the expertise of Mayo's 2500 physicians and scientists, learn how to access medical services, and discover Mayo's medical research and education offerings.

www.mayoclinic.com

The Centers for Disease Control and Prevention (CDC) online is a diverse source of credible health information including diseases and conditions, emergency preparedness and response, environmental health, life stages, healthy living, injury and safety, travelers' health, and workplace safety and health.

www.cdc.gov