

Recommended Links

There are many excellent resources for weight loss on the Web. Always make sure the sites you and your children rely on provide only proven, scientifically-based information. Below are our recommendations.

Web Sites for Parents

- www.actionforhealthykids.org

Helps kids get moving! See what is going on in your state.

- www.americanheart.org

Tips for raising heart-healthy, active children.

- www.shapeup.org

For information about healthy weight management through better nutrition and increased physical activity.

Web Sites for Kids: Fun Sites that teach children healthier habits.

- www.kidnetic.com

- www.nutritionandkids.net/1095

- www.verbnow.com

Web Site for: Activity Calorie Calculator

- www.primusweb.com/cgi-bin/fpc/actcalc.pl