



## Weight Management Resource Links

The AtlantiCare App: <http://gethealthy.at/atlanticare/>

With the AtlantiCare app, you have:

- A single hub to keep you connected and provides you with ongoing support
- Tools to help you manage your health goals
- Directories that easily connect you with your providers
- A more collaborative, more meaningful relationship with AtlantiCare



<http://myatlanticare.org>

In the Myatlanticare.org personal health portal you'll find comprehensive health information, a variety of interactive health tools, and your personal wellness activity checklist tracker designed to help you achieve your wellness goals.



<http://www.diabetes.org/food-and-fitness/fitness/get-and-stay-fit/>

If you aren't in the habit of exercising, getting motivated is half the battle. Get and Stay Fit offer strategies and ideas for taking that first step toward better health through daily activity. Once you are on the path to more activity, you'll find that it isn't as hard to keep going — you'll actually feel better and have more energy as time goes on.



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

SuperTracker can help you plan, analyze, and track your diet and physical activity. Find out what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling.



<http://abeforfitness.com/index.html>

The A-B-E for Fitness program offers a free video library of 3 to 8 minute activity bursts that will allow you, your colleagues and your family to move and exercise everywhere, everyday! The exercise videos are organized by the setting (office, home, waiting area, etc.), the body region involved, and whether the exercise is performed seated or standing. Depending on your fitness level, you can start doing one burst per day and then build up gradually. Vary your program, find your favorites, create your playlist and HAVE FUN!





[www.myfitnesspal.com](http://www.myfitnesspal.com)

MyFitnessPal is a free smartphone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for the users' goals and uses gamification elements to motivate users.



<http://www.webmd.com/diet/healthy-eating-fitness-services>

WebMD Food & Fitness Planner - This personalized calorie counter offers healthy weight and fitness recommendations based on your goals. Create a plan, log your food and fitness, and track your way to weight loss success.



<https://www.choosemyplate.gov/MyPlate-Daily-Checklist>

The MyPlate Daily Checklist (formerly Daily Food Plan) shows your daily food group targets -- what and how much to eat within your calorie allowance. The Checklist is personalized for you, based on your age, sex, height, weight, and physical activity level. MyPlate Daily Checklists are available for everyone aged 2 and older.



[https://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

The Body Mass Index (BMI) Calculator can be used to calculate your BMI value and weight status while taking your age into consideration. Use this calculator for adults, 20 years old and older.

