

# Healthy Choices...

**Parks  
Make  
Life  
Better!**<sup>SM</sup>

*Below are a list of websites that will help you and your family begin to make the healthy choice the easy choice. Each site features great information on wellness topics, healthy recipes, places to visit, as well as creative ways for you and your family to stay active. Please take a moment to check them out. Enjoy!*

## Exercise & Fitness

[www.nflrush.com/play60](http://www.nflrush.com/play60)-- Find great play ideas, games, and contests.

[www.smallstep.gov](http://www.smallstep.gov)-- Find easy daily tips for a healthier lifestyle.

[www.healthyshasta.org](http://www.healthyshasta.org)-- Find local walking trails and other healthful events in our community.

[www.letsmove.gov](http://www.letsmove.gov)-- Official site for First Lady Michelle Obama's campaign to end childhood obesity in one generation.

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)-- Official site for "Game On!" the Ultimate Wellness Challenge.

<http://www.presidentschallenge.org/nbafit/>-- Presidential Active Lifestyle Award (PALA)

## Nutrition and Healthy Eating

[www.mypyramidtracker.org](http://www.mypyramidtracker.org)-- Find tools for meal planning and tracking for your daily servings of healthy food.

[www.nutrition.gov](http://www.nutrition.gov)-- Find information on dietary guidelines and much more.

[www.eatright.org](http://www.eatright.org)-- Information and tips from the American Dietetic Association

[www.mealsmatter.org](http://www.mealsmatter.org)-- Find tools and tips for meal planning, packing lunches, grocery shopping, and cooking.

[www.whfoods.com](http://www.whfoods.com)-- Find a list of the 130 healthiest foods plus recipe ideas.

<http://healthyshasta.org/hiddensalt>-- Salt Savvy web page that has some examples of common foods that are surprisingly high in sodium; what the daily sodium intake recommendations are; the health effects of high sodium diets; some tips on reducing sodium; and much more.

