



Track Your Progress: Websites and Apps

Lose It!

www.loseit.com

- A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

Map My Run

www.mapmyrun.com

- A free online tool or smartphone app that allows you to map your run, walk or bike ride. Mapping your course will help you plan a better route and see how far you've gone.

My Fitness Pal

www.myfitnesspal.com

- A free weight loss/management program that lets you track the calories you eat, the nutritional content of your food, and your exercise.

Nike Training Club

<http://nikeplus.nike.com/plus>

- A free app with videos of full body workouts and drills to meet your fitness goals.

RunKeeper GPS

www.runkeeper.com

- A free app that tracks your runs, walks, bike rides and hikes using the GPS on your phone, and provides detailed statistics and coaching.

Journal of Training

www.entryworks.com/journal.html

- A free program to help you keep track of your workouts and sports activities.



Physical Activity Websites for Teens

For Young Women

Girls Health

www.girlshealth.gov

- Information for girls ages 10-16 on nutrition, exercise, relationship and alcohol and smoking.

Young Women's Health

www.youngwomenshealth.org

- Information for young women on nutrition, fitness, puberty, and emotional health.

For Young Men

Young Men's Health

www.youngmenshealthsite.org

- Information on nutrition, fitness, and emotional health.

For All Teens

Kids Health

<http://kidshealth.org/teen>

- Articles for teens on many topics, including physical health conditions, mental health, nutrition, recipes, and drugs and alcohol.

Physical Activity

WebMD

<http://teens.webmd.com/aerobic-exercise-for-teens>

- Articles for teens on many topics, including physical health conditions, mental health, exercise, nutrition, and recipes.