Websites for Health, Exercise and Nutrition

Choosemyplate.gov

The government has changed the food and nutrition pyramid yet again!! This website is the current standard for the federal government on healthy nutrition and portions. At this site you can analyze your diet, track your calories, get meal plans, and obtain nutrition plans for all populations.

Mapmyrun.com

This site is great for runners! At this site you can map out your runs, allowing you to see distance, pace, and number of calories burned. Once you are logged into the site, you can see daily, weekly and monthly totals for runs or walks. You can also compare yourself to other runners. Mapmyrun.com allows you to share your runs with others and is much more interactive and involved than similar sites.

Yogajournal.com

This is an excellent site for yoga enthusiasts. This site offers insight on new happenings in the yoga world. The site also offers great food and lifestyle advice. The site offers a library of poses and is truly a great resource for people interested or lovers in yoga. The site has almost everything you need, minus the class at GAO wellness and fitness center of course!!

Livestrong.com

This website provides thousands of different exercises and exercise ideas. There are workouts specific to muscle gain, weight loss and all other types of fitness goals. You can log in, track, and record daily workouts. On top of all this, there is a calculator for your food consumption. You can track your meals and workouts to see how many calories you are ingesting and burning. Overall, livestrong.com is an excellent resource for fitness, health, and nutrition.