



Calculators, Online Nutrition Information, Weight Loss Programs & Groups

NUTRITION AND CALORIE CALCULATORS

www.HealthCalculators.org
www.mayoclinic.com/health/calorie-calculator/NU00598
www.Nutrition.gov
www.Nutrition.org
www.CDC.gov/HealthyWeight/
www.EatRight.org/Public/

ONLINE DIET PROGRAMS AND RESOURCES

Not only do these sites offer provide tons of resources, calculators, menu plans, and educational articles, but some of them feature bona fide healthy, balanced diets.

www.mayoclinic.com/health/weight-loss/MY00432
www.SparkPeople.com
www.WeightWatchers.com
www.WebMD.com/diet
www.EDiets.com
www.DietWatch.com
www.SouthBeachDiet.com
www.DukeDiet.com

WEIGHT LOSS SUPPORT AND COMMUNITY

Support groups and discussion forums to answer your questions and share experiences.

www.fitnessrepublic.com
www.SparkPeople.com
www.3FatChicks.com
www.Diet.com

COOKING AND RECIPES FOR WEIGHT LOSS

www.CookingLight.com/
www.EatingWell.com
www.Hungry-Girl.com
www.MyRecipes.com/healthy-recipes
www.3FatChicks.com/diet-recipes
www.ThisMamaCooks.com

EXERCISE TOOLS & RESOURCES

www.ACEFitness.org/getfit
www.FitnessMagazine.com
www.Shape.com
www.WomensHealthMag.com
www.MensHealth.com
www.OxygenMag.com
www.iVillage.com/diet-fitness

TRAINER/INSTRUCTOR LOCATORS

www.FitnessConnect.com (certified trainer locator)
www.DragonDoor.com (RKC kettlebell instructors locator)

HEART RATE CALCULATORS

www.active.com/fitness/calculators/hearttrate.htm
walking.about.com/cs/calories/l/blcalheartrate.htm
Karvonen method of calculating heart rate (preferred):
www.sparkpeople.com/resource/calculator_target.asp
www.fitwatch.com/qkcalc/thr.html

BONUS: Blogs that participated in the first virtual book tour. These are some great blogs by some truly inspirational people.

www.tri-ingtogetherathletic.com
www.chasefear.com
www.momslittlerunningbuddy.com
www.bloggingrunner.com
www.legallyheidi.com
www.healthyberg.com
www.marla-deen-fit.net

