



Fit and Healthy Resources

Congratulations on taking steps toward better health! You are challenging yourself to make changes that will make a positive impact now and in your future. Here are some free and low-cost resources that can help you on your journey:

Nutrition Resources

Programs:

Diabetes Prevention Program: myhealthyvt.org

Weight Watchers: weightwatchers.com

Taking Off Pounds Sensibly (TOPS): tops.org

Healthy and low-cost recipes:

Snap-Ed: snaped.fns.usda.gov/recipes-menus

My Plate: choosemyplate.gov

Healthy in a Snap: healthyinasnapvt.org/

My Moment: healthvermont.gov/mymoment/

Fitness Resources

Vermont Trail Finder: voga.org/vermont_recreation_trails.htm

Blue Cross Blue Shield Walking Maps: secure.bcbsvt.com/walking-supplies.php

Vermont State Parks: vtstateparks.com

Trail Link (bike and walking trails): traillink.com

For more ideas and local options: please call Vermont 2-1-1

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Free Apps for your Phone

Food and Nutrition Tracking:

Spark People: Complete with a calorie counting tool, exercise demos, reporting, and a detailed food database to help you track and meet your goals.

My Fitness Pal: A calorie counting tool that has a large food database with the option of making your own personal food database as well! You can customize your diet plan to your own weight loss goals.

Fooducate: This app helps make grocery shopping a littler easier and a lot more fun. Just scan the item and Fooducate provides a rating and feedback to help you meet your health and fitness goals.

Exercise Ideas, Tracking, and Motivation:

Nike + Training Club: This app can track your walking or running distance, time, and speed. It also comes with customizable workouts designed by professional trainers and athletes.

C25K: An 8-week Couch to 5K program. This app gives you three workouts per week to get you ready for whatever 5K race you have on the books!

Freeletics: More than 900 body weight workouts that last from 10-30 minutes. You can do these workouts anywhere!

Daily Yoga: More than 50 yoga classes at your fingertips. Each sequences has a specific focus-whether you want to increase flexibility, strengthen your core, or something else, there's a video for you. Not sure how to do a certain pose? There is also a library with detailed videos of more than 900 yoga poses.

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YOU FIRST

VERMONT DEPARTMENT OF HEALTH