

Online Resources

(Please note that some of these resources have an extra cost associated with them)

Free Websites:

Activate Buffalo County - www.activatebuffalocounty.com

American Medical Association - www.ama-assn.org

America on the Move - www.americaonthemove.org

Blue Health Advantage - www.bluehealthadvantage.com

Center for Disease Control and Prevention - www.cdc.gov

Eat Right (American Dietetic Association) - www.eatright.org

Health Finder - www.healthfinder.gov

MyFitnessPal - www.myfitnesspal.com

MyPlate - www.choosemyplate.gov

National Dairy Council - www.nationaldairycouncil.org

Nutrition and Food Web Archive - www.nafwa.org

Small Step Adult & Teen - www.smallstep.gov

Spark People - www.sparkpeople.com

WebMD - www.webmd.com

Paid Websites:

eDiets - www.ediets.com

OPTIFAST - www.optifast.com

Weight Watchers - www.weightwatchers.com

ACTIVATE!
Buffalo County



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