

Online Resources & Support for Healthy Living

Food, Nutrition & A Healthy Weight

Eating well is crucial for achieving and maintaining a healthy weight. The below websites provide access to nutrition facts, places to track your nutritional intake and recipes, too!

- <http://www.nutrition.gov/>
- http://www.cdc.gov/healthyweight/healthy_eating/index.html
- http://www.aicr.org/site/PageServer?pagename=pub_nap_index_21

Physical Activity & A Healthy Weight

Being physically active is a necessary part of a healthy lifestyle. Check out these websites for activity trackers, tips for getting active and more!

- <http://www.win.niddk.nih.gov/publications/physical.htm>
- http://www.cdc.gov/healthyweight/physical_activity/index.html#calories%20used%20in%20typical%20activities
- <http://www.smallstep.gov/login/login.cfm>

Eating Disorders, Body Image & A Healthy Weight

Losing weight may be important to be healthier and feel well, but we must take care to not harm ourselves in the process. These websites describe signs of unhealthy eating behaviors and attitudes to watch for.

- <http://www.nationaleatingdisorders.org/information-resources/general-information.php>
- <http://www.4woman.gov/bodyImage/>

General Health

Achieving and maintaining a healthy weight is one of many important ways to take care of ourselves and our families. These sites cover a variety of health and wellness topics, from nutrition and fitness to mental health and safety. Be well!

- <http://kidshealth.org/>
- <http://www.healthierus.gov/>
- <http://www.healthfinder.gov/>



Online Resources & Support for Healthy Living

Additional online resources for a healthy weight and a healthy lifestyle in St. Lawrence County:

- <http://adklaurentian.org/>: opportunities for free or low cost outdoor physical activity
- http://blogs.cce.cornell.edu/st_lawrence/: nutrition programming for low income individuals and other community resources
- <http://northcountryguide.com/dir/health/>: listing of health care providers
- <http://www.gardenshare.org/>: listing of farmer's markets, farm stands and other venues to purchase fresh, locally grown foods throughout St. Lawrence County
- <http://slchiinc.org/NewWebFiles/RecGuide/recguide06towns.htm>: resources and opportunities for physical activity, including fitness centers, trails and more

Searching for Health Information on the Internet

As most of us know, not everything we read on the internet is true and searching for reliable information can be a challenge. Here are a few tips for finding information we can trust:

- Find out who developed the website. Sites ending in .gov, .org or .edu are more likely to be reliable than others. Also important to look for are authors' credentials (RD, MD, etc.) and contact information for the author or site developer – credible sites will provide information so you can check up on them!
- Look for facts supported by science, not opinions – even so-called “expert” opinions. Also be wary of advertisements and promotions, including ads for “healthy” products.
- Check when the information was written. Healthy lifestyle recommendations are regularly updated as new research is done. Information older than one year may not include the most recent health data.

Please note that the St. Lawrence Health Initiative does not necessarily support the viewpoints expressed or programs offered by the above sources or organizations. This list is meant to provide ideas & resources for healthy living in St. Lawrence County.

