

One Simple Change



Track Your Food and Activity

Tracking your food and activity each day is easy, and will help you become more mindful of how much, or sometimes how little you are actually eating and moving every day. Keeping a log will dramatically increase your chances for success while working on your health and fitness goals.

Below are some excellent free Apps and websites to help you keep track of your food and activity, and learn about exercise, nutrition, and weight management.

Run Keeper – This app has area walking/running routes, tracks activity, and helps with motivation:

My Fitness Pal - This is available as an app and on-line. It helps track daily calories and exercise. There are healthy recipes, hundreds of exercises, and healthy reminders to keep you on track.

Moves – tracks all activity (through GPS) and can determine if you are walking, cycling, driving, etc.

Fitocracy – game-like stats to spur on friendly competition and increase dedication to exercise

Gain Fitness – A workout coaching website that helps you create workouts for the gym, at home, or on the go.

Fooducate – An app that scans the bar codes on foods and gives them a “health grade” The website gives recipes, daily tips, and helps track your progress.

For more information on the Minuteman Nashoba Health Group wellness program, visit www.minuteman-nashoba.org/wellness