

HOW TO BE A HEALTHY YOU

Additional Resources:

- MyPlate Website <https://www.choosemyplate.gov/teens>
- SNAP Program for Families
<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
- ACSM Exercise Recommendations for Children and Teens
<https://www.acsm.org/docs/default-source/brochures/physical-activity-in-children-and-adolescents.pdf>
- EAT THIS MUCH: The Automatic Meal Planner
<https://www.eatthismuch.com/>

References:

1. Aim for a healthy weight. https://www.nhlbi.nih.gov/health/educational/lose_wt/. Accessed March 13, 2018.

This NIH web page is set with the starting information for weight loss. It looks at what a healthy weight is, and what overweight and obesity is and how the CDC defines it. It talks about basic calorie intake guidelines and how too many calories can cause weight gain and too few calories can cause weight loss. It provides links to other informational pages, BMI calculators, and menu plans.

2. Physical activity in children and adults. <https://www.acsm.org/docs/default-source/brochures/physical-activity-in-children-and-adolescents.pdf>. Accessed March 10, 2018.

This web page is dedicated to physical activity in children and adults. It gives guidelines and recommendations on child and adolescent needs, benefits, characteristics, special considerations, and types of physical activities. It also provides information on how to design activity's for fun and education purposes for children and adolescents.

3. Lyness DP. Therapy and weight management. <https://kidshealth.org/en/teens/weight-therapists.html> Web site. . Updated 2015.

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The Therapy and weight management website is dedicated to the psychological needs of successful weight loss for teens. It addresses thought patterns, how old habits can be hard to change, ways to prepare and stay on track with weight loss. It also talks about the importance of having a counselor or therapist during the weight loss process to address individual needs.

4. Obesity facts | healthy schools | CDC.

<https://www.cdc.gov/healthyschools/obesity/facts.htm>. Updated 2018. Accessed Mar 11, 2018.

The CDC Obesity facts webpage addresses the most common facts and information surrounding childhood and adolescent obesity. It gives the CDC definitions for overweight and obese classifications, as well as a general list of obesity causes including genetic and social influences. The website offers a host of great information in the tabs on the left side of the page.