

## Healthy Lifestyles Online Toolkit

- [www.bullyfree.com](http://www.bullyfree.com)
- [www.myplate.com](http://www.myplate.com)
- [www.letsmove.gov](http://www.letsmove.gov)
- [http://www.ehow.com/info\\_7867848\\_funactivitieskidshygiene.html](http://www.ehow.com/info_7867848_funactivitieskidshygiene.html)
- <http://www.wikihow.com/Category:Personal-Hygiene>
- <http://baycountyhealth.org/Documents/CHIPFullwithalignment.pdf>
- <http://www.choosemyplate.gov/supertracker-tools/supertracker.html>
- <http://napchallenge.org/>

We hope you're eating better, moving more and making progress in meeting your weight loss goal! In case you're having trouble sticking to it, know that you are not alone. Here are some links for inspiration:

- <http://ezinearticles.com/?How-to-Form-the-Exercise-Habit---Eight-Tips-to-Help-You-Achieve-Your-Goals&id=4887970>
- <http://women.webmd.com/features/exercise-habits?page=3>
- [http://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)
- [http://helpguide.org/life/healthy\\_eating\\_diet.htm](http://helpguide.org/life/healthy_eating_diet.htm)