

Websites to Get You Moving

The following websites offer you interactive tools to help you set physical activity goals, track your progress, and stay motivated along the way:

My Pyramid Tracker—U.S. Dept of Agriculture
www.mypyramidtracker.gov

Wisconsin's Governor's Challenge
www.wisconsinchallenge.org

Shape Up America!
www.shapeup.org

Small Step—U.S. Dept of Health and Human Services
www.smallstep.gov

Physical Activity—Center for Disease Control and Prevention
www.cdc.gov/nccdphp/dnpa/physical/index.htm

Nutrition, Physical Activity & Obesity Prevention Program—WI Dept of Health Services
<http://dhs.wisconsin.gov/health/physicalactivity/>

Kidnetic—International Food Information Council
www.kidnetic.com

BAM! Mind and Body™—Center for Disease Control and Prevention
www.bam.gov