## Apps/Websites for a healthy lifestyle



## APPS

• MY FITNESS • LOSE IT!PAL: CALORIE
COUNTER COUNTER



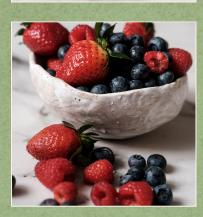
• FOODUCATE: • NUTRITION
NUTRITION
COACH
TRACKER



HOME
 WORKOUT NO
 EQUIPMENTS
 FITNESS
 COACH WORKOUT PLAN



• FITNESS AI: • WORKOUT
GYM & HOME
WORKOUT
MUSCLE
BOOSTER



## W E B S I T E S

HTTPS://WWW.NUTRITION.GOV/

HTTPS://WWW.MYPLATE.GOV/



HTTPS://WWW.SNAPFITNESS.
COM/US/GYMS

HTTPS://WWW.FITNESS.COM/EN



HTTPS://WWW.MUSCLEANDF ITNESS.COM/WORKOUT-ROUTINES/

HTTPS://WWW.MYFITNESSPAL
.COM/