

# Apps/Websites for a healthy lifestyle



## APPS

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

- FOODUCATE: NUTRITION COACH
- NUTRITION COACH: FOOD TRACKER

- HOME WORKOUT- NO EQUIPMENTS
- FITNESS COACH- WORKOUT PLAN

- FITNESS AI: GYM & HOME WORKOUT
- WORKOUT PLANNER MUSCLE BOOSTER

## WEBSITES

[HTTPS://WWW.NUTRITION.GOV/](https://www.nutrition.gov/)

[HTTPS://WWW.MYPLATE.GOV/](https://www.myplate.gov/)

[HTTPS://WWW.SNAPFITNESS.COM/US/GYMS](https://www.snapfitness.com/us/gyms)

[HTTPS://WWW.FITNESS.COM/EN](https://www.fitness.com/en)

[HTTPS://WWW.MUSCLEANFITNESS.COM/WORKOUT-ROUTINES/](https://www.muscleanfitness.com/workout-routines/)

[HTTPS://WWW.MYFITNESSPAL.COM/](https://www.myfitnesspal.com/)