

## HEALTH RESOURCES FOR FAMILIES

- American Academy of Pediatrics  
<http://www.healthychildren.org>  
Offers guidance from pediatricians on physical activity, diet, sleep, and Preventative care.
- Center for Disease Control (CDC)  
<http://www.cdc.gov/family/parenting/index.htm>  
Information on physical health, immunizations, and developmental milestones.
- Couch to 5K App  
A family-friendly app that helps beginners train for a 5K in manageable steps.
- Eat Right- Academy of Nutrition and Dietetics  
<http://www.eatright.org>  
Offers nutrition advice, meal planning tools, and healthy eating tips for children and adults.
- Headspace for Kids  
<http://www.headspace.com/meditation/kids>  
Mindfulness and relaxation exercises that support sleep, focus, and emotional health.
- Kids Eat Right  
<http://www.eatright.org/for-kids>  
Specifically focuses on nutrition information tailored for growing kids and busy parents.
- GoNoodle  
<http://www.gonoodle.com>  
Fun movement and mindfulness videos for kids to help families stay active indoors.
- Lets Move!  
<http://letsmove.obamawhitehouse.archives.gov>  
Former First Lady Michelle Obama's initiative promoting physical activity and healthy eating.

- MyPlate by USDA  
<http://www.myplate.gov>  
Interactive tools and tips for building healthy meals and portion control for families.
  
- Nemours KidsHealth  
<http://kidshealth.org>  
Articles, videos, and tools covering all aspects of children's health- body, mind, and more.
  
- Sleep Foundation  
<http://www.sleepfoundation.org/children-and-sleep>  
Guidance on healthy sleep habits for adults and children with age-based tips.
  
- YMCA  
<http://www.ymca.net>  
Offers local classes, virtual workouts, and community wellness initiatives for all ages.