

TOP 10

Weight Loss

Resources



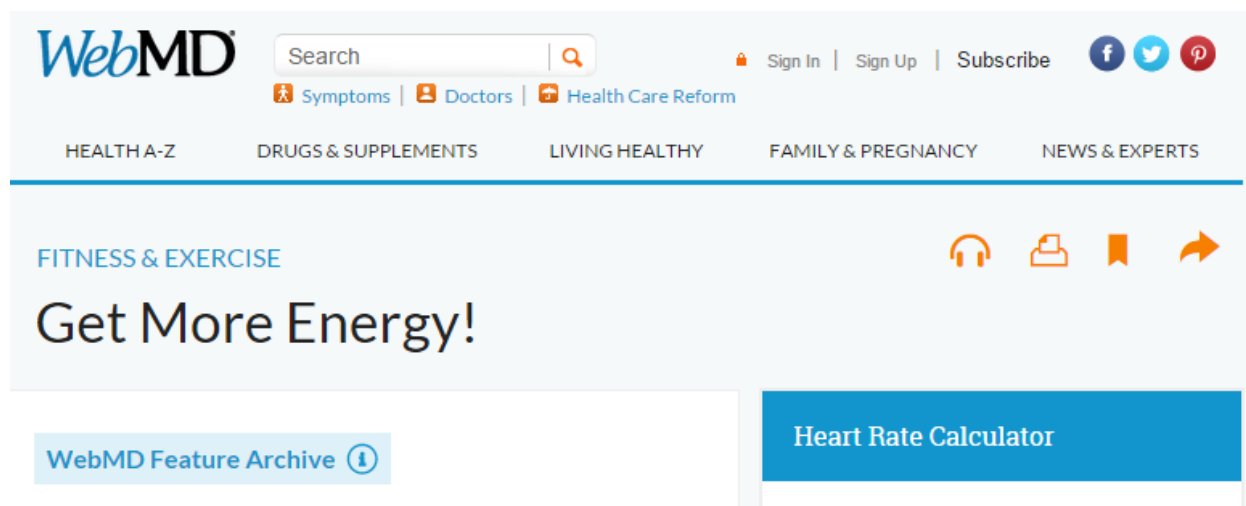
Top Resources For:

- ✓ **Weight Loss Tips**
- ✓ **Weight Loss Apps**
- ✓ **Diet & Exercise Blogs**

Weight Loss Information Websites

1. WebMD

<http://www.webmd.com/diet/>



WebMD is probably the most trusted medical site on the internet. That's because it's build up a reputation for giving quality advice that is backed by medical science. This is a link to a brilliant resource on losing weight.

2. MayoClinic

<http://www.mayoclinic.org/healthy-lifestyle/weight-loss/basics/weightloss-basics/hlv-20049483>

MayoClinic is a competitor of WebMD. Both are medical websites that aim to spread information and awareness of health related topics. This is a link to their weight-loss basics page which has a large amount of information on the topic of weight-loss and how to manage it over long periods of time.

3. Health.com

<http://www.health.com/health/gallery/0,,20501331,00.html>

Health.com is more of a health magazine and less of a medically accurate database. However, that doesn't mean that it's useless by any means.

4. Authority Nutrition

<http://authoritynutrition.com/>



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Authority nutrition is a site that is dedicated to giving nutritional advice, generally regarding to weight-loss, through science and evidence based methods. This is more of a magazine than a medical resource.

5. MedicineNet

http://www.medicinenet.com/weight_loss/article.htm

MedicineNet is a medical online magazine dedicated to health related topics. The link goes to their weight-loss segment, where they detail a no-diet approach to weight management.

Tools For Weight Loss

6. WebMD Weight Loss Tools

<http://www.webmd.com/diet/healthy-eating-fitness-services>



Food-o-Meter

Wondering how many calories were in that burger you ate for lunch? Discover nutrition facts including calories, fat, carbohydrates, protein, sugar, and fiber for thousands of foods and beverages.



Fit-o-Meter

Wondering how many calories you burn just by sitting at your desk typing? This fast calorie calculator will give you personal results for hundreds of popular activities, exercises, and sports.



Diet Health Check

Do you feel like you're constantly struggling to lose weight? This personalized WebMD diet assessment helps identify weight loss pitfalls and recommends short-term attainable goals.



Portion-Size Plate

This one-of-a-kind visual presentation shows size equivalents for more than 70 common foods to help you manage your serving sizes.



BMI Plus Calculator

This unique 6-in-1 tool not only calculates your BMI, but delivers your personal healthy weight range, target heart rate for exercise, and more to help get you started and to stay on track.



WebMD Expert Interviews

Our mission to help WebMD users find trustworthy, simple, and effective weight management solutions led us to many of the leading experts in diet and fitness. Discover what we learned.



Healthy Recipes

Looking for healthy recipes that also taste great? Browse dozens of good-for-you recipes from WebMD and Eating Well magazine.



Diet Community

Whether you're trying to lose weight, maintain your weight, or simply live a healthier, fitter lifestyle, Pamela Peeke, MD, is here to help! Join her and other dieting members just like you.

WebMD have provided some really fantastic weight loss tools for FREE! For example, they have a diet health check which is a small quiz which will help to identify any errors in your weight loss plan. They also have a BMI-Plus calculator, which not only calculates your BMI but also some other important numbers such as your own personal healthy weight range.

7. MyFitnessPal

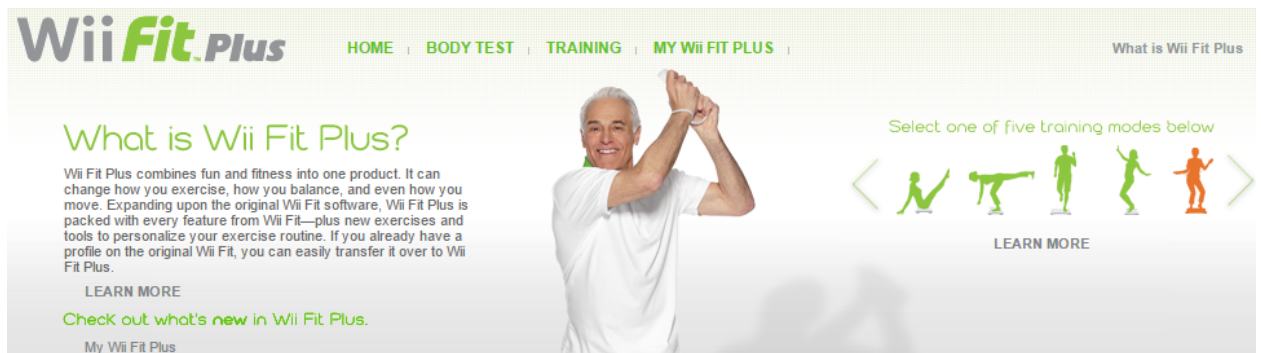
<https://www.myfitnesspal.com/>



MyFitnessPal is the most popular weight loss app in the world. With an online and mobile application, it allows you to track your calories and exercise wherever you are. This means you can track your progress and calculate precisely how much weight you should lose.

8. WiiFit

<http://wiifit.com/>



The screenshot shows the homepage of the Wii Fit Plus website. At the top left is the logo "Wii Fit Plus" in green and black. To its right are navigation links: "HOME", "BODY TEST", "TRAINING", and "MY Wii FIT PLUS". In the top right corner, it says "What is Wii Fit Plus". The main content area features a large image of a smiling man in a white t-shirt performing a yoga-like pose. To the left of the man, the text reads "What is Wii Fit Plus?" followed by a paragraph: "Wii Fit Plus combines fun and fitness into one product. It can change how you exercise, how you balance, and even how you move. Expanding upon the original Wii Fit software, Wii Fit Plus is packed with every feature from Wii Fit—plus new exercises and tools to personalize your exercise routine. If you already have a profile on the original Wii Fit, you can easily transfer it over to Wii Fit Plus." Below this text is a "LEARN MORE" link. To the right of the man, there is a section titled "Select one of five training modes below" with five icons representing different exercises: a person sitting on the floor, a person in a yoga pose, a person standing, a person in a dynamic pose, and a person in a different dynamic pose. Below these icons is another "LEARN MORE" link. At the bottom left of the page, it says "My Wii Fit Plus".

WiiFit has been around for a while now and is far cheaper than it was when it was first released. This video game is a great way to get up and moving, even if it only burns a few calories, it'll help get you into the fitness mindset and keep you entertained at the same time.

Other Great Resources

9. Bodybuilding

<http://www.bodybuilding.com/>



Even if you aren't interested in the sport of bodybuilding, this site is a fantastic resource that offers more information on fitness than any other website on the web. If you're ever unsure about a particular exercise or need some advice, this is the place to go.

10. MensHealth

<http://www.menshealth.com/>

While MH focuses mainly on men, it has some great fitness articles that are relevant to both genders. This magazine isn't so much based in science as much as the other resources, but it's still a great source of information and new ideas.