

## Healthy Habits Resource List

### Weight Management Clinics:

The Allina Health Kids, Teens & Young Adults Weight Management Program offers healthy ways to help children, teenagers, and young adults achieve a healthier weight and learn lasting healthy habits. Explore their website at <https://account.allinahealth.org/services/520#aboutThisService>

The M Health Fairview's Healthy You: Pediatric Weight Management Program and their Family Weight Management Clinic help children and families overcome the medical, nutritional and emotional issues related to weight. Take a look at <https://www.mhealthfairviewpeds.org/treatments/Pediatric-Weight-Management-Program> and also at <https://www.mhealthfairview.org/service/Family-Weight-Management>

The University of Minnesota's Center for Pediatric Obesity Medicine (CPOM) treats, studies, and advocates for the physical and emotional health of children who are affected by obesity and obesity-related conditions. Read more at <https://med.umn.edu/pediatrics/programs-centers-institutes/cpom>

North Memorial Health's Weight and Lifestyle management team partners with each patient (18 years and older) to provide comprehensive support and personalized care to reach health goals. Check it out at <https://northmemorial.com/specialty/weight-lifestyle-management/>

Centra Care has Pediatric, Medical (non-surgical), and Surgical Weight Management programs that can help children and/or families maintain weight, lose weight, discontinue medications, or simply feel better. Learn more at <https://www.centracare.com/services/weight-management/>

### Physical Activities:

Check out Anoka County's free or low cost list of activities for you and your family at <https://anokacountymn.gov/DocumentCenter/View/39428/Low-Cost-Family-Activities>

Do your kids love to go on Adventures and move to music? Check out *Danny Go!* on Youtube for a fun way to keep your kids moving. <https://www.youtube.com/@DannyGo>

Get your kids interested in exercise and mindfulness with GoNoodle® online or download the app. Explore their GoNoodle Junior or Indoor Recess Channels as well as their Activity and Movement Tab for free body mind videos at [gonoodle.com](http://gonoodle.com) or find the app at <https://play.google.com/store/apps/details?id=com.gonoodle.gonoodle&hl=en-US&pli=1>

Health Powered Kids by Allina Health can help caregivers share the importance of physical activity and model fun ways to be active throughout the day. Find their "Power Chargers" videos and health lessons at <https://healthpoweredkids.org/>

The Move Your Way® tools, videos, and fact sheets provide tips to make small changes in daily movement. Check it out at <https://odphp.health.gov/moveyourway#parents>

Check out Sworkit for kids ages 4+. From the wiggles to animal inspired workouts, there is something for every child up to age 15 for free at <https://app.sworkit.com/collections/kids-workouts>

### Grocery and Cooking Tips:

Help your kids explore food and share your love of cooking or baking with these kid friendly cooking videos at <https://www.gonoodle.com/tags/eYRMnw/chowtown>

Hy-Vee stores have Dietitians to help you navigate the aisles and pick out healthy foods and recipes. Scroll down to sign up for a free "Dietitian Discovery Session" at <https://www.hy-vee.com/stores/dietitian/default.aspx?s=3612>

The University of Minnesota Extension Rusty's Cooking Club is for preschool-aged children and their caregivers. It provides monthly recipes and educational tips. Sign up for free at <https://extension.umn.edu/nutrition-and-healthy-eating/rustys-cooking-club>

Check out American Diabetes Association free cooking classes, recipes, and nutrition tips at <https://diabetesfoodhub.org/cooking-classes>

Real Life Good Food offers shopping tips, low-cost recipes, and tips on fitting healthy habits into our everyday lives. Check it out at <https://reallifegoodfood.umn.edu/>

The University of MN Food, Health and Nutrition Programs offer resources on nutrition, emotional health, physical activity, food safety, and healthy food access. Find more information at <https://extension.umn.edu/food-health-and-nutrition#nutrition>

The University of MN created a guide to plan and prepare meals and snacks even when there is no access to a kitchen. Check it out at <https://extension.umn.edu/disaster-preparedness-and-recovery/cooking-without-kitchen>

#### **Healthy Recipe Websites:**

WIC Health eKitchen Meal Planner: <https://www.wichealth.org/Account/Login>

American Heart Association Healthy Recipes Database: <https://recipes.heart.org/en/>

Eat Right (American Academy of Nutrition and Dietetics): <https://www.eatright.org/recipes>

Nutrition Recipes from the USDA: <https://www.nutrition.gov/recipes>

American Diabetes Association Recipes: <https://diabetesfoodhub.org/>

SNAP-Ed Recipes and cooking videos: <https://snaped.fns.usda.gov/resources/recipes-and-menus>

Real Life, Good Food: <https://reallifegoodfood.umn.edu/recipe-search>

Spend Smart, Eat Smart: <http://www.extension.iastate.edu/foodsavings/recipes/all>

#### **Phone Apps:**

The *Lose-It!* App allows caregivers or adults to easily follow a calorie budget. The app also contains exercises, recipes, and other well-being tips as well. Download it for free at <https://www.loseit.com/articles/weight-loss/using-loseit/all-articles/>

The *MN WIC App* has cooking tips, recipes, and meal plans. Open the app, go to the Nutrition tab, and select "Recipes and Food Tips" or "Recipes". Log in at <https://www.health.state.mn.us/people/wic/shopforwic/app.html>

The *Weight Watcher (WW) App* allows adults to search for recipes, track calories and nutrients through photo analysis, and connects WW participants with a dietitian. The App is free but the WW program costs money. Learn more at [https://www.weightwatchers.com/us/how-it-works/ww-app?srsId=AfmBOopy6sehj\\_-JW5-N3rE\\_xkJTujmBGGTTB8cxRVs0PjtudYTJnRI](https://www.weightwatchers.com/us/how-it-works/ww-app?srsId=AfmBOopy6sehj_-JW5-N3rE_xkJTujmBGGTTB8cxRVs0PjtudYTJnRI)

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