

## Healthy Weight, Nutrition and Fitness Resource List

### **Apps Focused on Relaxation / Mindfulness**

<https://www.smilingmind.com.au/>

[https://www.headspace.com/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=1919439341&utm\\_content=68065219102&utm\\_term=409649586657&headspace&gclid=EA1aIQobChMImYK5pu7Z6QIVi-D1Ch2H9AIZEAAYASAAEgLH7vD\\_BwE](https://www.headspace.com/?utm_source=google&utm_medium=cpc&utm_campaign=1919439341&utm_content=68065219102&utm_term=409649586657&headspace&gclid=EA1aIQobChMImYK5pu7Z6QIVi-D1Ch2H9AIZEAAYASAAEgLH7vD_BwE)

### **Options for Physical Activity**

<https://www.popsugar.com/Workouts>

<https://www.ymca.net/your-y-at-home-for-kids-and-families>

<https://www.ymca.net/your-y-at-home-staying-active>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx>

### **Sleep-related Guidance**

<http://sleepeducation.org/>

<https://www.sleep.org/articles/toddler-refuses-nap/>

<https://www.sleep.org/>

### **Screen-time Guidance**

<https://www.nytimes.com/guides/smarterliving/family-technology>

### **Establishing Regular Meal / Snack Times**

<https://hgic.clemson.edu/factsheet/planning-meals-for-a-family/>

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/families>