



WILTON RANCHERIA
THE CAPITOL TRIBE

NUTRITION, FITNESS, AND MEAL TRACKING

TAKE CONTROL OF YOUR HEALTH TODAY

Nutrition – Healthy Meal Ideas

1. MyPlate by USDA

Discover balanced meal planning with MyPlate, based on the latest dietary guidelines. It offers a variety of healthy recipes, portion control tips, and a free app to help you build nutritious meals every day. Provided by the U.S. Department of Agriculture.



2. Mealime

A user-friendly app that helps you plan and prepare healthy meals tailored to your preferences. Perfect for busy individuals and families looking to eat well without stress.



3. Cooking Matters App

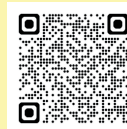
Access over 100 budget-friendly, nutritious recipes designed for families and low-income households. Learn how to shop smart, cook healthy, and make every dollar count.



Exercise Ideas

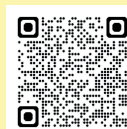
1. Fitness Blender

Enjoy free workout videos for all fitness levels, including strength training, cardio, flexibility, and more. No subscription required—just press play and get moving!



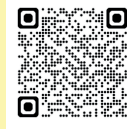
2. Darebee

A nonprofit fitness resource offering visual workouts, fitness challenges, and training programs. All workouts are equipment-free and perfect for home use.



3. Nike Training Club (Free Version)

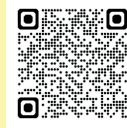
Get access to guided workouts from beginner to advanced levels, including strength, yoga, and mobility sessions, all led by professional trainers.



Workout & Food Tracking Apps

1. MyFitnessPal

Track your food intake, exercise, and weight goals with one of the most popular health apps. Features a massive food database and barcode scanner for easy logging.



2. Cronometer

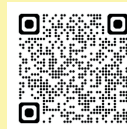
Dive deep into your nutrition with this highly accurate app. Track calories, macros, and over 80 micronutrients. Ideal for those who want detailed insights and custom goals.



3. FitOn

A free fitness app offering workouts led by celebrity trainers. Includes tracking tools and a supportive community to help you stay motivated.

Embrace a healthier lifestyle today with these resources for balanced nutrition and effective exercise routines!



START YOUR JOURNEY!