

# Wilton Rancheria Department of Health

## Resources Ideas

### Nutrition – Healthy Meal Ideas

#### 1. **MyPlate by USDA -**

Discover balanced meal planning based on the latest dietary guidelines. MyPlate 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.*

 [MyPlate.gov | U.S. Department of Agriculture](https://www.myplate.gov/)  
<https://www.myplate.gov/>



#### 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.

 [Mealime - Meal Planning App for Healthy Eating - Get it for Free Today!](https://www.mealime.com/)  
<https://www.mealime.com/>



#### 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.

 [Cooking Matters](https://cookingmatters.org/)  
<https://cookingmatters.org/>




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### 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!

 [Fitness Blender](https://www.fitnessblender.com/)  
<https://www.fitnessblender.com/>



#### 2. **Darebee**


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

 [DAREBEE - Home Workouts](https://www.darebee.com/)  
<https://www.darebee.com/>



#### 3. **Nike Training Club (Free Version)**

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

 [Nike Training Club App. Home Workouts. Nike.com](https://www.nike.com/ntc-app)  
<https://www.nike.com/ntc-app>



## 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.

 [Calorie Tracker & BMR Calculator to Reach Your Goals | MyFitnessPal](https://www.myfitnesspal.com/)  
<https://www.myfitnesspal.com/>



### 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.

 [The Most Accurate Nutrition Tracking App | Cronometer](https://cronometer.com/)  
<https://cronometer.com/>



### 3. **FitOn**

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

 [FitOn – #1 Free Fitness App, Stop Paying for Home Workouts](https://fitonapp.com/)  
<https://fitonapp.com/>

