



**BODY DESTINATION -
Get Fit Challenge**

**Welcome to Body Destination Get Fit Challenge
Sponsored by: Lea Regional Medical Center**

Topic Four

The Lowdown on Popular Fad Diets

Dr. Atkin's Diet and Others

Debbie Manning

Exercise Benefits Body and Mind

Kirk Roeske

Nutrition Technology & You

Today's Gadgets and Electronic Tools For a Fast Moving World

Nutritional Data: know what you eat

<http://www.nutritiondata.com>

This site requires web access. The site is hosted online.

Wellness and You (a Sodexo Site)

Sodexo wellness website. No membership needed.

www.wellness-and-you.com

Calorie Counter by Fat Secret (works on the Blackberry)

This program requires you to have a data plan or you will be charged to download data.

Site located at www.fatsecret.com

The ADA (American Dietetic Association)

This is the foundation of information.

www.eatright.org