

America on the Move for Individual and Family

<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1776817/k.9981/Individuals.htm>

<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.3973665/>

Calculate your BMI

<http://www.nhlbisaupport.com/bmi/>

The ReadAge Test

Are you biologically younger, older,  
or the same as your calendar age?

[Take the free RealAge test.](#)

<http://www.realage.com/>

100 Ways to Cut 100 Calories

<http://features.prevention.com/100calories/>

Food Pyramid

<http://www.mypyramid.gov/>

Active Living

<http://www.activelivingbydesign.org/>