

Rec Tip of the Week

Fitness/Diet Trackers Can Help

People who use some version of a trackers for diet and fitness often have higher success rates when it comes to weight related goals. Myfitnesspal.com and Sparkpeople.com are great trackers to help keep calorie intake aligned with your goals. They are also available as apps for smart phones. Start tracking calories consumed and calories burned and reach those goals you may have set at the beginning of the year.

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