

Websites for Family Health and Wellness

Calculate your Body Mass Index (BMI)

- http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/adult_BMI/about_adult_BMI.htm

Developing a healthy diet

- <http://www.MyPyramid.gov>

Fun Family Activities

- Games (outdoor/indoor): http://www.funattic.com/game_list.htm
- Indoor Fun: http://www.babyzone.com/toddler_preschooler_fun/Play/article/fun-indoor-physical+fitness
- Trails: www.trails.com/googlemap.aspx
- Texas Parks & Wildlife: <http://www.tpwd.state.tx.us/spdest/>

