

# Health Promotion ONLINE RESOURCES



The internet can be a wealth of health and wellness information. However, sometimes it can be challenging to find reputable websites that can be trusted. As a general guide, below are several websites that offer free resources that you can utilize in your personal health promotion journey. Group Health Cooperative also has preventive health tools available at [group-health.com](http://group-health.com)

## General Health Information

Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)

National Institutes of Health (NIH)  
[www.nih.gov](http://www.nih.gov)

WebMD  
[www.webmd.com](http://www.webmd.com)

Office of the Surgeon General  
[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

Healthy People  
[www.healthypeople.gov](http://www.healthypeople.gov)

Mayo Clinic  
[www.mayoclinic.com](http://www.mayoclinic.com)

## Nutrition and Weight Management

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

DietaryGuidelines.gov  
[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

Weight Watchers  
[www.weightwatchers.com](http://www.weightwatchers.com)

ChooseMyPlate.gov  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

Fruits and Veggies Matter  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Weight Control Information Network  
[www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)

## Personal Tracking Tools

CalorieKing  
[www.calorieking.com](http://www.calorieking.com) 

LiveStrong  
[www.livestrong.com](http://www.livestrong.com) 

MapMyWalk  
[www.mapmywalk.com](http://www.mapmywalk.com) 


MyFitnessPal  
[www.myfitnesspal.com](http://www.myfitnesspal.com) 

FitDay  
[www.fitday.com](http://www.fitday.com) 

Lose It!  
[www.loseit.com](http://www.loseit.com) 

NutritionData  
[www.nutritiondata.com](http://www.nutritiondata.com)

SparkPeople  
[www.sparkpeople.com](http://www.sparkpeople.com) 

 Phone App Available

## Smoking Cessation Programs

Wisconsin Tobacco Quit Line – Free  
1-800-QUIT NOW 1-800 784-8669

### American Lung Association

The American Lung Association offers a free online program, Freedom from Smoking – a 7 part, 24 hour smoking cessation support program on the web. Research has shown that smokers who use some form of nicotine replacement therapy and participate in a behavior change program like Freedom From Smoking can double their chances of quitting for good. Visit <http://www.ffsonline.org> for more information.

# Health Promotion LOCAL RESOURCES



## Health & Fitness Programs

### Heart N Sole

Heart N Sole is a walking program at Oakwood Mall that is designed to help you get and stay fit, and help you improve your quality of life. Look for the Mayo Clinic Health System kiosk located at Oakwood Mall or ask your Health Promotion Coach for more information.

### LE Phillips Senior Center

Discover your second youth-join us at the Center. Your place for social, education, special events, health and fitness programs for the 55+ population. [lephillipsseniorcenter.com/html/fitness.html](http://lephillipsseniorcenter.com/html/fitness.html)

### St. Joseph's Classes and Events

St. Joseph Hospital offers different wellness classes and events to help you reach your health goal. Check out their website for current classes being offered.

[stjoeschipfalls.com/news\\_and\\_events/class\\_schedule.phtml](http://stjoeschipfalls.com/news_and_events/class_schedule.phtml)

### UWEC Wellness Topic and Group Fitness

Classes are open to community member at a nominal registration fee. Check out the schedule for the most current classes being offered. [uwec.edu/Recreation/activities/wellness/](http://uwec.edu/Recreation/activities/wellness/)

### UWEC Community Fitness:

Our vision is to help improve health and wellness in the Chippewa Valley by providing an exercise program for those who are physically out of shape or desiring more structure in their workout efforts.

[uwec.edu/Kin/outreach/community\\_fitness.htm](http://uwec.edu/Kin/outreach/community_fitness.htm)

## Tobacco Cessation Programs

### Sacred Heart Hospital/Center For Healthy Living

Contact: Heidi Larson  
2125 Heights Drive  
Eau Claire, WI 54701  
715-858-1600  
Cost: \$50

### Tackle Tobacco

Contact: Sonja Kamrath  
Mayo Clinic Health System  
Menomonie, WI 54751  
715-233-7766  
Cost: Free

### Tobacco Intervention Program

Contact: Maureen Fitzgerald, RN  
Marshfield Clinic Eau Claire Center  
2116 Craig Rd  
Eau Claire, WI 54701  
715-858-4798  
Cost: \$50.00

### Equit

Contact: Erin Fredrick  
St Joseph's Hospital  
Chippewa Falls, WI 54729  
715-726-3575  
Cost: \$50

### Family Health Associates

Contact: Cindy Hopkins, RN  
2449 County Hwy T  
Chippewa Falls, WI 54729-4410  
715-723-9138  
Cost: \$41

### First Breath/Chippewa County

Dept Of Public Health  
Contact: Carol Lendle  
711 N Bridge St Rm222  
Chippewa Falls, WI 54729  
715-726-7908 ext. 2124  
Cost: Free