



www.extension.org

# Families, Food, and Fitness

## Community of Practice

*An internet resource you can trust offering research-based, peer-reviewed information to help you improve your diet, increase your physical activity, and achieve and maintain a healthy body weight.*



### Content Areas:

- Prepare and Eat More Meals at Home
- Move More Everyday
- Enjoy More Fruits and Vegetables
- Re-think Your Drink
- Control Portion Sizes
- Tame the Tube

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Food, and  
Fitness  
354 Fans

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### Other Website Features:

- Recipe Guide
- Interactive Fast Food Menu with Fitness Calculator
- Online Chats
- “In the News” articles
- Interactive Spice Guide
- Instructional Videos
- “Ask an Expert” feature
- Cooking Glossary
- FAQs
- Articles

### For more information contact:

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