

## Resources to help along the way

Below are a number of websites, apps and books that we would recommend as additional reading along your journey. They are all trusted sources and, like MoreLife, their information is based on actual research and evidence.

### Websites

#### **CHANGE 4 LIFE**

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Lots of healthy eating tips, recipes & fun ways to exercise. Also try downloading the free apps.

#### **ONEYOU**

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

To help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself, OneYou can help you make small, practical changes that fit in with your life.

#### **BRITISH HEART FOUNDATION**

[www.bhf.org.uk](http://www.bhf.org.uk)

UK's number one heart charity offering information about heart disease and advice on how you can help prevent it.

#### **PARKRUN**

[www.parkrun.org.uk](http://www.parkrun.org.uk)

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in.

#### **MIND**

[www.mind.org.uk](http://www.mind.org.uk)

Advice and support to empower anyone experiencing a mental health problem.

#### **NHS CHOICES**

[www.nhs.uk/live-well](http://www.nhs.uk/live-well)

Click on the Live Well tab for free information appropriate for the family

#### **DIABETES UK**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

To support everyone affected by Diabetes

## **Apps**

### **MYFITNESSPAL APP**

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

Comprehensive database of foods-both brand names and average portions provided. Syncs with website. User friendly and recipes/ingredient lists can be added for analysis. User can scan the barcode of foods for accurate input. Also has an exercise tracker but due to over estimation of calories burned, we advise that you do not include any calories burned from exercise to increase your daily calorie allowance. Any physical activity is a bonus to help to achieve your weight loss. We also advise you to manually change the settings so that your calorie allowance is the same as the EER we give you (MyFitnessPal uses different calorie calculations to MoreLife).

### **CARBS AND CALS APP**

[www.carbsandcals.com/app](http://www.carbsandcals.com/app)

Credible information as it has been analysed by a Registered Dietitian. User friendly. Has some brand names. Also has web support.

## **Books**

### **CARBS & CALS: COUNT YOUR CARBS AND CALORIES WITH OVER 1,800 FOOD & DRINK PHOTOS! BY CHRIS CHEYETTE & YELLO BALOLIA**

Paperback: 332 pages

Publisher: Chello Publishing Limited; 5th edition (March 2013)

ISBN-13: 978-1-908261-06-9

Link: [www.amazon.co.uk/Carbs-Cals-Count-Calories-Photos/dp/1908261064](http://www.amazon.co.uk/Carbs-Cals-Count-Calories-Photos/dp/1908261064)