



# Websites to Get You Moving

The following websites offer you tips, interactive tools and ideas to help make being active fun.

**MyPlate** - U.S. Department of Agriculture  
[www.choosemyplate.org](http://www.choosemyplate.org)

**Physical Activity** - Center for Disease Control and Prevention  
<http://www.cdc.gov/physicalactivity/>

**Travel Wisconsin**  
Official site of the Wisconsin Department of Tourism  
Free app for iPhone or Android also available  
[www.travelwisconsin.com](http://www.travelwisconsin.com)

**Wisconsin Great River Road**  
Wisconsin's only designated National Scenic Byway  
<http://wigrr.com>

**Parenting the Preschooler**  
Find great tips on physical activity and screen time-  
<http://fyi.uwex.edu/parentingthepreschooler/healthy-minds-and-bodies/>

**Nutrition, Physical & Obesity Prevention Program**  
WI Department of Health Services  
<https://dhs.wisconsin.gov/physical-activity/index.htm>

**[grantcounty.org](http://grantcounty.org)**  
Many recreational events and sites listed here