

## Community Health—Obesity

The 2013 [Community Health Needs Assessment](#) for Orange, Osceola, and Seminole Counties identified the top priorities to address regarding health issues. Previous newsletters have highlighted diabetes and heart disease. This month we highlight obesity. Combatting obesity is complex, but check out the following links for information on improving nutrition and increasing activity as a start.

[Good Food on a Tight Budget](#)

[Get Moving!](#)

[Weight Management](#) - from the Weight-control Information Network

[Understanding Your Weight-loss Options](#) - by The Obesity Action Coalition

Need motivation? Challenge a friend and together aim for [The Presidential Active Lifestyle Award \(PALA+\)](#).



## Apps of the Month Fitness apps



The Johnson & Johnson Official 7 Minute Workout - All you need is a chair and seven minutes. Apple & Android



Lose It! designed for counting calories and logging exercise. Apple & Android

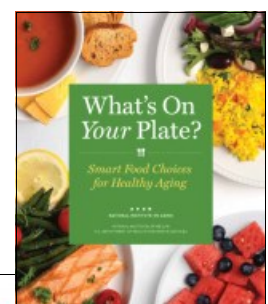


MapMyFitness—track your activities and calories  
Apple & Android



Calorie Counter—MyFitness Pal  
Has a large food database for counting calories.  
Keep a food diary and record exercise. Apple & Android

Stop by the **Graese Library** and pick up free materials on nutrition and exercise —or send us your mailpoint number and we'll send them to you!



Got a question? Contact us at [library@orlandohealth.com](mailto:library@orlandohealth.com) or 321.841.4636