

## My Fitness Tool

I just wanted to share a fairly recent discovery that has helped me to eat healthier and exercise more regularly, which is ultimately leading to weight loss for me. By chance, through a conversation with a fellow state employee, I learned about a smartphone app and website called "My Fitness Pal" (<http://www.myfitnesspal.com/>). It's a completely free and simple tool that teaches people how to eat healthier and exercise more, in a modern and convenient way, through the use of an online food and exercise journal. I enter what I eat into my phone (there's even a way to scan bar codes through the phone's camera!) or on the website, and it helps me to track the number of calories I am eating in a day/week, as well as the calories I have burned through exercise. By instantly being able to see how many calories are in a food item, and what a serving size truly looks like, I am able to gauge and manage my eating while avoiding feeling hungry. I still eat what I want, and what my family is eating, but I eat less of it and make healthier choices to stay near my daily goal. I also exercise more often to increase my calorie allotment, and I budget my calories to have some treats (because I firmly believe that we all deserve a little chocolate in our lives). I still have to do the hard work in order to reach my weight loss goal, but this app has given me the tools to do it. I've been using it for several weeks now and have already lost a few pounds and am feeling healthier than I have in a long time.

Check it out!

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