

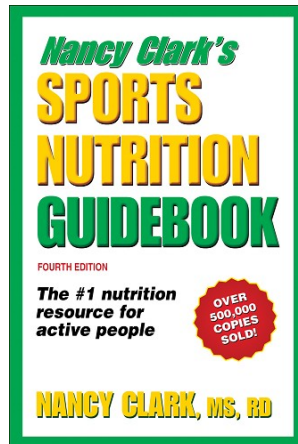
# Hydrostatic Weighing Resources



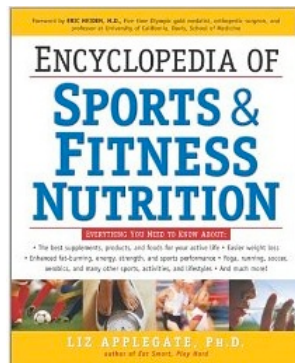
## Meal Tracking Websites & Smart Phone Apps:

- [www.LiveStrong.com](http://www.LiveStrong.com) \*(Best Database)
- [www.Loselt.com](http://www.Loselt.com)
- [www.MyFitnessPal.com](http://www.MyFitnessPal.com)

## Sports Nutrition Books:



*"Sports Nutrition Guidebook"*  
by Nancy Clark, RD  
[www.nancyclarkrd.com](http://www.nancyclarkrd.com)



*"Sports & Fitness Nutrition"*  
by Liz Applegate, RD  
[www.lizapplegate.com](http://www.lizapplegate.com)

\* Ron Jones (3.7.12)

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(Ron Jones, MS, RKC, ACSM Health Fitness Specialist, Corporate Wellcoach, Z-Health/RIST)

**Get Fit. Be Strong.**