

## Useful websites



Here is a list of websites that will help you with training ideas, weight loss, nutrition and exercises:

- [www.crankhf.com.au](http://www.crankhf.com.au)  
Our website.
- <https://clients.mindbodyonline.com/ASP/adm/home.asp?studioid=26646>  
Our online scheduler. Check your current training schedule and account.
- [www.physioadvisor.com.au/](http://www.physioadvisor.com.au/)  
Rehabilitation exercises for joints and muscles, exercise ideas.
- [www.bodybuilding.com/exercises/](http://www.bodybuilding.com/exercises/)  
Exercise ideas, muscle groups, exercise videos to show you how to perform the exercise.
- [www.mapmyrun.com/](http://www.mapmyrun.com/)  
Track a running route to see how far you are going to run, save your runs.
- [www.calorieking.com.au/](http://www.calorieking.com.au/)  
Food database, calorie numbers for food.
- [www.livelifter.com.au](http://www.livelifter.com.au)  
Tips and ideas to help you lead a healthy lifestyle.
- [www.health.gov.au](http://www.health.gov.au)  
Australian Government's Department of Health. Guidelines and education for enjoying a healthy lifestyle.
- [www.wamc.org.au](http://www.wamc.org.au)  
West Australian Marathon Club. Find upcoming running events of all distances in Perth.
- <http://www.foodstandards.gov.au/Pages/default.aspx>  
Information on microbial contamination of meats, food safety, food labelling, permissible additives and levels of chemical contaminants, and food standards.

If you use any other great websites, please email us so we can update this list!