

## Weight Control and/or Diabetes Management Resources

- **Exercise and Fitness Centers / Groups - Sandpoint**
  - 2<sup>nd</sup> Wind Fitness – 208-290-2081
  - The Shed – 208-263-7872
    - [theshedatsandpoint.com](http://theshedatsandpoint.com)
  - 360 Fit – 208-263-7174
    - [My360fit.com](http://My360fit.com)
  - Core24 Fitness – 208-255-2299
  - Curves – 208-255-1661
    - [www.curves.com](http://www.curves.com)
  - Dover Bay Lake Club Fitness Center – 208-263-5493
  - Downtown Yoga – 208-255-6177
    - [Downtownyogasandpoint.com](http://Downtownyogasandpoint.com)
  - Evolution Women's Fitness – 208-610-5785
  - Sandpoint West Athletic Club (SWAC) – 208-263-6633
    - [Sandpointwest.com](http://Sandpointwest.com)
    - Get to the Roots weight loss program
  - Future Physique Pilates – 208-610-2130
  - Xhale Pilates Studio & Zumba – 208-755-2687
    - [Xhalepilatesstudio.com](http://Xhalepilatesstudio.com)
  - 7B Fitness 208-263-7174
    - [7BFitness.com](http://7BFitness.com)
  - Natural Fitness – 208-263-0676
    - [Naturalfitnessgym.com](http://Naturalfitnessgym.com)
  - Zest Hot Yoga 208-290-3812
    - [Zestinspiredliving.com](http://Zestinspiredliving.com)
  - Shree Yoga for You 208-290-6000
    - [Shreeyoga4u.com](http://Shreeyoga4u.com)
- **Exercise and Fitness Centers / Groups - Bonners Ferry & Priest River**
  - Iron Mikes Family Fitness -Bonners Ferry, 208-267-5299
    - [Ironmikesgym.com](http://Ironmikesgym.com)
  - Bonners Ferry Yoga
    - [Bonnersferryyoga.com](http://Bonnersferryyoga.com)
  - Kootenai River Yoga – Bonners Ferry
    - [Kootenairiveryoga.com](http://Kootenairiveryoga.com)
    - Email: [maxien@kootenairiveryoga.com](mailto:maxien@kootenairiveryoga.com)
  - Club Energy – Newport, WA 509-447-4273
    - [Club-energy.com](http://Club-energy.com)
  - Priest River Barre Fitness – 208-448-0743
    - [Priestriverbarrefitness.com](http://Priestriverbarrefitness.com)

- **Support Groups**

- *CEA-HOW* (Compulsive Eaters Anonymous- Honest, Open, and Willing) - 12 step meeting Mondays, 7-8 p.m. at Kootenai Health's classrooms. Open to all ages who want a healthy and proven way to lose or maintain weight. For info call (208) 765-5402 or (509) 926-4201.
- *Fat Flush Plan Support Group* – meets Tuesdays, 5:30 p.m., Unity Church of North Idaho, 4465 N. 15th St.; (208) 664-1125.
- *Food Addicts Anonymous* – meets Mondays at 7 p.m. in the classrooms at Kootenai Medical Center, 2003 Lincoln Way: for information, contact Becca at (208) 704-1586 or Sasha (208) 704-1999.
- *Food Addicts in Recovery Anonymous* - meets in Bonner County on Tuesdays, 6:30-8 p.m. in the classroom at Bonner General Hospital, 520 N. Third Ave., Sandpoint, (208) 265-4936; and Thursdays, 6:30 p.m. at the Sandpoint Gardenia Center, corner of Fourth Avenue and Church Street, (208) 946-9276. Saturdays in Kootenai County at Kootenai Health from 10-11:30 a.m., 2003 Kootenai Health Way, classroom 1, Coeur d'Alene, (509) 990-9412; or in Moscow on Thursdays, 7-8:30 p.m. at Gritman Hospital, second floor board room, 700 S. Main St.
- *Living Lightly* – for those interested in permanently changing fat cells and creating a natural body weight; meets 6-7 p.m. the second and fourth Mondays of every month, Shoshone Medical Center, Kellogg; (208) 784-6771.
- *Overcomers Support Group* – for the disabled; Sundays, 1:30-3:30 p.m., Real Life Ministries, RLM2, 1866 Cecil Road, Post Falls; Dave Sims, (208) 704-8409.
- *Overeaters Anonymous* - meets Tuesdays, 6:30 p.m. at the Seventh Day Adventist Church, 12940 Govt. Way, Hayden Lake. (208) 818-1039.
- *Overeaters Anonymous* - meets Tuesdays from noon-1 p.m., Cocolalla Cowboy Church, 4281 Cocolalla Loop Road, Cocolalla. (612) 599-1096 or email randallinda1@juno.com.
- *Overeaters Anonymous* - meets Saturdays, 8:30 a.m. in classroom 3 at Kootenai Health, Coeur d'Alene. (208) 659-9606.
- *Overeaters Anonymous* – meets Wednesdays, 5:30-6:30 p.m., St. Augustine Catholic Center, 628 S. Deakin Ave., Moscow, Idaho; call Melissa, (208) 413-4413.
- *Priest River Area Diabetes Support Group* – meets at 7 p.m. the second Monday of each month at Frank Chapin Senior Center, Fourth and Jackson, Sandpoint; (208) 263-0871.
- *Take Off Pounds Sensibly in Blanchard* – meets Mondays, 8:30-10 a.m. at the Blanchard Community Center, 685 Rusho Road. Call Cherie at 437-0176.
- *Take Off Pounds Sensibly No. 340* – meets Wednesdays, weigh-ins at 6 p.m., meetings 6:30, St. George's Parish, 2004 N. Williams, Post Falls; Willi Brimmer, (208) 777-8929.
- *Take Off Pounds Sensibly* - meets Thursdays, 8:30 a.m. at Kootenai Health, 1300 E. Mullan Ave. (208) 777-2560.
- *Eat Smart Idaho* - Group Classes available for limited resource individuals targeting basic nutrition, food safety, food resource management and physical activity. 4205 N. Boyer, Sandpoint, ID 83864, 208-466-1680 or 208-263-8511, [www.eatsmartidaho.org](http://www.eatsmartidaho.org)
- *Six Rivers Market* - Six Rivers Market's mission is to preserve and promote local agriculture while providing the community with a vibrant and convenient year-round home-grown food source. [www.sixriversmarket.com](http://www.sixriversmarket.com)
- *Sandpoint Vegetarians*
  - 263-9798, [www.sandpointveg.org](http://www.sandpointveg.org)
- *TOPS208 Sandpoint* - Weight loss support group meets in Gardenia Center, Wednesdays, 9AM
  - 263-2501, [www.tops.org](http://www.tops.org)

- **Useful Websites**

- [www.myfitnesspal.com](http://www.myfitnesspal.com)
  - This app was highest rated for ease of use and accuracy. There is a large support group on this site as well with a lot of ideas from other users and good community discussions.
- [www.myfooddiary.com](http://www.myfooddiary.com)
  - Over 80,000 foods in the nutrition database, desktop, iPhone and mobile versions available, calculate calories burned and weight loss reports.
- [www.my-calorie-counter.com](http://www.my-calorie-counter.com)
  - Individual calorie targets, personalized meal plans, food and exercise collections, recipes and nutritional information breakdown.
- [www.fitday.com](http://www.fitday.com)
  - Calorie counter, track food and activity, personal online dietitian, pc and mobile applications available.
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
  - MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image -- a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl. It is maintained by the USDA Center for Nutrition Policy & Promotion.
- [www.sparkpeople.com](http://www.sparkpeople.com)
  - Food tracker and personalized meal plans, customized fitness plan, sparkPoints motivation program, support from experts on message boards, articles, recipes, tips and more.
- [www.americanobesity.org](http://www.americanobesity.org)
  - The mission of the AOTA is to empower those affected by obesity through education, prevention and support through our medical Centers.
- [www.obesityaction.org](http://www.obesityaction.org)
  - This website has many webinars and discussions regarding understanding obesity, how severe your obesity issue really is and ideas on how to manage it. It also has a nice Kids Corner to help understand childhood obesity and creative ways to help battle it.
- **Exercise Management Apps**
  - [www.myfitnesspal.com](http://www.myfitnesspal.com)
    - There are many exercises to choose from with accurate caloric calculation after duration of exercise is keyed in.
  - [www.fitday.com](http://www.fitday.com)
    - Free calorie counter, track food and activity, personal online dietitian, pc and mobile applications available.
  - [www.mapmywalk.com](http://www.mapmywalk.com)
    - If loaded on your device, this app will map your course, tell you distance, duration and your pace as well as how many calories you burned. It also syncs with myfitnesspal to help you keep track there as well.
  - [www.strava.com](http://www.strava.com)
    - If you run or ride bikes this is the app for you. The GPS will keep track of everything you may want and it also syncs with myfitnesspal so that you can easily keep track of your food and exercise journals.
  - [www.sparkpeople.com](http://www.sparkpeople.com)
    - Food tracker and personalized meal plans, customized fitness plan, sparkPoints motivation program, support from experts on message boards, articles, recipes, tips and more.

- **Diabetes Specific Websites**

- [www.diabetes.org](http://www.diabetes.org)
  - Diabetes 24/7 gives users tools to help monitor their diabetes and to track data such as: Blood glucose, A1C, blood pressure, cholesterol, physical activity, weight and medications.
- [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)
  - Articles on diabetes, recipes, exercise programs and nutritional information on diabetics' specific needs.
- [www.sugarstats.com](http://www.sugarstats.com)
  - Free blood sugar tracking and online diabetes management tool.
- [www.track3.com](http://www.track3.com)
  - Online glucose monitoring, choose from over 80,000 different foods in the database showing nutritional facts including those for popular restaurants, exercise tracker.
- [www.diabeticconnect.com](http://www.diabeticconnect.com)
  - Online support groups, educational material, recipes and forums to help you understand diabetes better.
- [www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)
  - Group support tips for people with diabetes.
- [www.mysugr.com](http://www.mysugr.com)
  - Blood glucose data log
- [www.heart360.org](http://www.heart360.org)
  - Online site that helps you track your blood pressure, weight, glucose, exercise, cholesterol and overall heart health. Developed by the American Heart Association.

- **Diabetic Specific Apps**

- [www.carbsandcals.com](http://www.carbsandcals.com)
  - Data and exercise log; food database.
- [www.gomeals.com](http://www.gomeals.com)
  - Data log; food database
- [www.calorieking.com](http://www.calorieking.com)
  - Data log; food database.
- [www.runsweet.com](http://www.runsweet.com)
  - Website and forum for athletes with diabetes.
- [www.myfitnesspal.com](http://www.myfitnesspal.com)
  - General fitness website but caters well for young people with diabetes.

\*\*Kaniksu Health Services has provided information on community resources for your convenience. Kaniksu Health Services does not assume any responsibility or liability for any information, services or materials provided by outside organizations.