**ONLINE SOCIAL NETWORKS**

**LOSE IT!** Keeps users organized and informed about what they’re consuming each day and how many calories they’re burning. Listed on the Washington Posts’ 18 best iPhone applications in August 2010. Can also be used with Facebook or Twitter. App can be used on internet by individuals who do not have an iPhone or iPod. You enter the foods you eat each day and the exercise in which you engage. The app gives you a budget of calories for the day based on height, weight, and how much weight you want to lose. Can share data or keep private.

**StickK.com** To empower you to better your lifestyle and achieve your goals. Whether it’s losing weight, running a marathon, or quitting smoking. Created in 2007 by two Yale Professors. The site encourages you to set a goal and decide on when and how it will be achieved. You then establish stakes for achieving set goal (contract or “bet”). If you do not keep with goal/contract you owe the bet. “Lose 2 pounds per week-$20 on line each week. If you don’t lose 2 pounds you owe $20 to your selected recipient/charity”. Other stickK participates can act as “cheering sections”. Have community for support-Diet & Healthy Eating, Education & Knowledge, Exercise & Fitness, Green Initiatives, Money & Lifestyle.

**SPARKPEOPLE.COM** According to Business Week this is the number one weight loss and fitness website. Offers nutrition, health & fitness tools, support & resources. Staff members are registered dietitians, master chefs, health recipe developers, certified running coaches, and healthy eating experts. How it works-Choose a goal from the pull down menu. Phone app will calculate calories and fitness for a day. Website has daily blogs, an exercise of the day, recipes, message boards and a point system as a reward for completing specific activities.

**ACTIVITY**

Pick 1 website to evaluate

1. How easy is it to register/use the site? What is one thing you like about this site? What is one thing that you could have done without?
2. What behaviors is this website trying to address/change?
3. Do you feel their plan/program is realistic? Why? Explain and support with examples from the site. What kind of time is required to implement this program? Do you feel that’s acceptable? Why? Are their hidden costs? What?
4. What are your thoughts about online social networking sites? Do you belong to a social networking site? Which one(s)? Why?