**BMI, weight range keeping healthy in general weblinks**

<https://www.betterhealth.vic.gov.au/tools/body-mass-index-calculator-for-children>

A body mass index calculator from Victoria State Govt, Australia. So parents can see what percentile their child lies within with tips and tricks to achieve or maintain a healthy BMI.

<https://www.kidshealth.org.nz/weight-parents-guide>

Kids health is a New Zealand site for parents with a range of information of health issues mainly aimed at weight of children. “Help your child achieve a healthy weight… make changes to your family's lifestyle - include more physical activity and eat less high fat and high sugar food.”

<https://www.nutritionfoundation.org.nz/nutrition-facts>.

The Nutrition Foundation provides accurate information about food and nutrition to help make informed choices for a healthy eating and therefore a healthy lifestyle.

<https://www.healthnavigator.org.nz/healthy-living/eating-drinking/>

Healthy living is highlighted across several aspects of the health Navigator website. Access to information and ideas on a range of issues including food, smoking, nutrition, oral health, mental health and exercise. Health Navigator is supported by HBDHB.

<http://www.stylecraze.com/articles/diseases-caused-by-nutritional-deficiency/>

Find out the conditions that could arise if a healthy balanced diet is not followed. These are 10 conditions that are caused by poor nutritional status.

<https://www.rd.com/health/diet-weight-loss/too-much-sugar>

The negative effects of eating too much sugar on the body.

<https://www.eatforhealth.gov.au/page/eat-health-calculators/calculated/1488590515>

Daily energy requirements calculator

<https://www.eatforhealth.gov.au/>

Australian Government site. Includes calculators, resources, games etc.

<http://www.weightloss.com.au/weight-loss/weight-loss-tools/exercise-energy-charts.html>

Calculating the energy that you would lose by engaging in physical activity.

<https://www.sciencelearn.org.nz/resources/1920-energy-for-exercise>

The Science Learning Club shows how food eaten is used to fuel our bodies to do everyday tasks.

[http://www.calculator.net/protein-calculator.html](http://www.calculator.net/protein-calculator.html?ctype=metric&cage=52&csex=m&cheightfeet=5&cheightinch=10&cpound=160&cheightmeter=176&ckg=68&cactivity=1.55&printit=0&x=86&y=20)

Calculate your daily protein needs

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/being-active-everyone-every-age/activities-children-and-young-people>

Effective ideas and activities that will keep the kids active. Keep kids engaged and having fun without the small screens in front of them.

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/physical-activity/how-much-activity-recommended#kids>

Find out how much exercise you should be doing using the ministry of health recommendations.