

**Scales:**

<https://www.walmart.com/ip/Health-O-Meter-Digital-Bathroom-Scale-350-lb-Capacity/10264542> (\$17.88)

<https://www.target.com/p/elegant-tempered-glass-digital-scale-silver-clear-peachtree/-/A-79806742> (\$16.99)

[https://www.amazon.com/Etekcitey-Digital-Bathroom-Measure-Tempered/dp/B01HI1W1V4/ref=sr\\_1\\_13?crid=2KD39R80K7KMB&dchild=1&keywords=scales+for+body+weight&qid=1593712681&srefix=scale%2Caps%2C387&sr=8-13](https://www.amazon.com/Etekcitey-Digital-Bathroom-Measure-Tempered/dp/B01HI1W1V4/ref=sr_1_13?crid=2KD39R80K7KMB&dchild=1&keywords=scales+for+body+weight&qid=1593712681&srefix=scale%2Caps%2C387&sr=8-13) (\$19.88)

**Measuring Tape:**

<https://www.walmart.com/ip/Unique-Bargains-Body-Measuring-Sewing-Cloth-Tailor-Tape-Soft-Flat-Ruler-White-60-150cm/48401043>

[https://www.amazon.com/Measure-Flexible-Measurement-Centimetre-60-inch-White/dp/B07MT89MCW/ref=sr\\_1\\_4?dchild=1&keywords=measuring+tape&qid=1593789868&sr=8-4](https://www.amazon.com/Measure-Flexible-Measurement-Centimetre-60-inch-White/dp/B07MT89MCW/ref=sr_1_4?dchild=1&keywords=measuring+tape&qid=1593789868&sr=8-4)

**Informational Videos**

Eating Healthy Spanish: <https://www.youtube.com/watch?v=ztONrN5yWuM>

Healthy Eating and Active Living: Making the Healthy Choice the Easy Choice: <https://www.youtube.com/watch?v=Uu68ufdeGZ4>

Fotonovela: Un peso saludable, paso a paso: [https://www.youtube.com/watch?v=5tWhocMO\\_Ss&list=PLHHhbBC1bdXb8yhi7a3K7rd--FD3SeN7t&index=4&t=0s](https://www.youtube.com/watch?v=5tWhocMO_Ss&list=PLHHhbBC1bdXb8yhi7a3K7rd--FD3SeN7t&index=4&t=0s)

Kaiser My Doctor YT channel: <https://www.youtube.com/user/DoctorsAtKaiserTPMG/videos>

Help Your Kids Get Moving: <https://www.youtube.com/watch?v=-lPG4xZZAsw>

Healthy Eating with My Family: <https://www.youtube.com/watch?v=0wbJjwaiZAK>

What is Prediabetes?: <https://www.youtube.com/watch?v=LKn6vHG3cLc>

How Much Alcohol is Too Much?: <https://www.youtube.com/watch?v=-uMVGXQQx88>

Tips for Cooking Healthier: <https://www.youtube.com/watch?v=AzOLHKmBUP8>

The Power of Healthy Foods: [https://www.youtube.com/watch?v=uQ\\_zEz1kWY4](https://www.youtube.com/watch?v=uQ_zEz1kWY4)

How to Create a Healthy Plate: [https://www.youtube.com/watch?v=Gmh\\_xMMJ2Pw&t=53s](https://www.youtube.com/watch?v=Gmh_xMMJ2Pw&t=53s)

How to Make Healthy Food Changes: <https://www.youtube.com/watch?v=pexOllhT0v0>

The Plate Method: English: <https://www.youtube.com/watch?v=3cvuNO-59cc>

The Plate Method: Spanish:

<https://www.youtube.com/watch?v=h6SONajwavo&list=PL44WuFcF2gjlpbT5XNgfDYeZaxosCFIgc&index=5>

Limit Screen Time and Connect with Your Family:

<https://www.youtube.com/watch?v=jtS3AIPE8f8>

How to Shop for Healthy Foods: [https://www.youtube.com/watch?v=0Ix8hlqB\\_8k](https://www.youtube.com/watch?v=0Ix8hlqB_8k)

Learn Healthy Habits as a Family: <https://www.youtube.com/watch?v=nicz6TFAT1w>

Cuide su salud emocional y mental: [https://www.youtube.com/watch?v=uL\\_cZ5gbILc](https://www.youtube.com/watch?v=uL_cZ5gbILc)

Caring for Your Emotional and Mental Health: <https://www.youtube.com/watch?v=v99ZaasI5Cc>

What is Type 2 Diabetes: <https://www.youtube.com/watch?v=7UgzlFkItjk>

Que es la diabetes tipo 2?: <https://www.youtube.com/watch?v=Bl-zY3dkyg0>

Medication: Metformin: <https://www.youtube.com/watch?v=vcyPuaQDxfk>