

# Helpful Resources

In addition to your P20 program materials, we recommend these external resources to help you continue your new healthy habits! P.S. We recommend you download and save all of your P20 program materials so you can always come back to them!

## Apps

### **EWG Food Scores** - Food Scanner

The Environmental Working Group (EWG) helps you make healthier, greener food choices by assigning foods a “food score.” It uses three factors to score foods from 1(best) to 10(worst): Nutrition, Ingredient Concerns, and the Degree of Processing. Use the app to scan food while you’re shopping or simply search for a food to see its score.

### **Headspace** - Meditation

Headspace has hundreds of guided meditations to help you sleep better, stress less, and sharpen your focus. Never meditated before? No problem! This app will show you how in just a few minutes a day.

### **Nike Training Club** - Workouts (Free)

The Nike Training Club app helps you get fit “anytime, anywhere.” They have a huge selection of free workouts for every fitness level, including strength, endurance, yoga & mobility training.

### **Calm** - Meditation

This top-rated app helps you “sleep more, stress less, and live better.” With meditations, mindfulness exercises, and sleep sounds you’ll find yourself feeling relaxed and rejuvenated in no time.

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## Websites + Blogs

### **MindBodyGreen** - Health + Wellness

We love MBG's 360-degree approach to wellness that weaves the mental, physical, spiritual, emotional, and environmental aspects of well-being together. We share their belief that these pillars of health are all interconnected and equally important for health and wellness.

### **Well and Good** - Health + Wellness

From the beginning, Well+Good launched as the premier lifestyle and news publication devoted to the wellness scene—and its chic lifestyle components. Created by two journalists—and joined by many more—Well+Good is known for its impeccable reporting and trend-spotting on the healthy living beat.

### **Do Yoga With Me** - Yoga Classes (Free)

Access hundreds of free online yoga classes taught by a variety of certified instructors. Filter classes based on level of difficulty, your favorite instructor, class length, or style of yoga for a completely customized experience every time you practice.

### **EWG** - Personal and Environmental Health

The Environmental Working Group's mission is to empower people to live healthier lives in a healthier environment. Do you know what's in your tap water? What about your shampoo? What's lurking in the cleaners underneath your sink? What pesticides are on your food? What are GMOs? What do they do to our land and water? More than two decades ago EWG set out to answer these questions, and more, and to empower you to get to know your environment and protect your health.

### **Monterey Bay Seafood Watch** - Sustainable Seafood

The Monterey Bay Aquarium Seafood Watch® program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations. Their recommendations indicate which seafood items are Best Choices or Good Alternatives, and which ones you should Avoid. (They also have an app you can download!)

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## Online Shopping

**Thrive Market** - Groceries, Personal Care Products, and More!

Think of what would happen if Whole Foods, Amazon, and Costco had a baby (don't think too hard, though). That's Thrive Market. You get the high quality, healthy, and sustainable brands you trust (like Whole Foods) but at a wholesale cost (like Costco) and with the convenience of online shopping and at-home delivery (like Amazon). WIN!

**Butcher Box** - High Quality Meats

They call themselves the “neighborhood butcher for modern America” and we couldn't have said it better ourselves! ButcherBox delivers 100% grass-fed beef, free range organic chicken and heritage breed pork directly to your door. Create your own custom box or pick one of their curated boxes!

**Imperfect Foods** - “Imperfect” Groceries

Imperfect Foods is on a mission to eliminate food waste and build a better food system for everyone (a mission we support 100%). They offer imperfect (yet delicious) produce, affordable pantry items, and quality eggs and dairy at a discounted price and deliver them straight to your doorstep! Use code TWENTYWITH35 to get 35% off your first two boxes!

**Dry Farm Wines** - Natural, Sustainable, and Biodynamic Wines

Dry Farm Wines is our favorite health-focused natural wine club. They curate the finest sustainably-grown, natural wines from around the world and lab test them for purity to make sure they are sugar-free, low alcohol, and additive-free. We can definitely cheers to that!