

Physical Activity Web Sites

The following Web sites contain general information on physical activity and physical fitness. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

American College of Sports Medicine

Public Resources from ACSM

The American College of Sports Medicine is a professional organization devoted to sports medicine and exercise science. Its Web site offers free downloadable PDFs of brochures on several fitness topics, such as “Selecting and Effectively Using Home Weights” and “Exercise Your Way to Lower Blood Pressure.” It also offers “Current Comments” (statements on sports medicine and exercise that are written for the general public), position statements, and a quarterly newsletter, also available for free download.

www.acsm.org/Content/NavigationMenu/ResourcesFor/GeneralPublic/ACSM_Public_Informat.htm

American Council on Exercise (ACE)

ACE is a nonprofit organization that certifies fitness and health professionals. Its Web site offers health and fitness tips, an exercise library, and a fitness curriculum for upper elementary students (Operation Fit Kids).

www.acefitness.org

American Heart Association

Exercise and Fitness

The American Heart Association’s Web site offers tips for increasing daily physical activity. It also offers Just Move, an online tool to help people begin or continue an exercise program, and Choose To Move, a free physical activity program for women.

www.americanheart.org/presenter.jhtml?identifier=1200013

American Running Association

The American Running Association’s Web site offers articles and brochures related to fitness and running.

www.americanrunning.org/index.cfm

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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BAM! Body and Mind

The BAM! Web site, designed for children aged 9 to 13, provides information on nutrition and other health topics.

www.bam.gov

Center for Children's Health Media, The Nemours Foundation

KidsHealth

KidsHealth, a Web site focused on the health of children and teenagers, has nutrition and fitness information for children, teenagers, and parents.

Kids: www.kidshealth.org/kid/stay_healthy/fit/nutrition_center.html

Teenagers: www.kidshealth.org/teen/food_fitness/

Parents: www.kidshealth.org/parent/nutrition_fit/index.html

Centers for Disease Control and Prevention (CDC) Department of Nutrition and Physical Activity (DNPA)

Physical Activity for Everyone: Have an Active Summer!

This Web site provides information on why physical activity is important, how much physical activity is needed every day, and how to overcome barriers to exercise. It also includes links to related programs, such as Healthy Youth!

www.cdc.gov/nccdphp/dnpa/physical/spotlight.htm

Centers for Disease Control and Prevention (CDC), Department of Health's Office on Women's Health, and the National Osteoporosis Foundation

Powerful Girls Have Powerful Bones

This Web site, part of the National Bone Health Campaign, is designed to help girls learn that doing weight-bearing physical activity and eating calcium-rich foods can be fun and can help build strong bones. The Web site includes quizzes, games, recipes, and ideas for weight-bearing physical activity.

www.cdc.gov/powerfulbones/

Centers for Disease Control and Prevention (CDC)

VERB Campaign

Created by the CDC, VERB is a social marketing campaign that encourages children aged 9 to 13 to be physically active every day. The VERB Web site has information on physical activity for children and parents, in English and in Spanish, as well as downloadable materials for health professionals and educators.

www.cdc.gov/youthcampaign/

Harvard Prevention Research Center on Nutrition and Physical Activity (HPRC)

HPRC works with community partners to design, implement, and evaluate programs that improve nutrition and physical activity and that reduce overweight and chronic disease risk among children and youth.

www.hsph.harvard.edu/prc/

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Leadership for Healthy Communities

Backed by the Robert Wood Johnson Foundation, the Leadership for Healthy Communities initiative helps government leaders create policies and programs that support active living. The Web site has information on current national and state active living efforts, a physical activity cost calculator, and useful links to articles, reports, and online tools.

www.activelivingleadership.org

American Cancer Society

Staying Active

The American Cancer Society Web site offers tips for staying active, including advice on how to get children to be more active and how to create a more active community.

www.cancer.org/docroot/PED/ped_6.asp?sitearea=PED

National Association for Sport and Physical Education (NASPE)

NASPE is a nonprofit professional membership association of physical education teachers and other physical activity professionals. Its Web site offers guidelines on activity for children and sells physical activity publications, brochures, and curricula.

www.aahperd.org/naspe/

National Association of State Boards of Education (NASBE)

State-Level School Health Policies

This Web site lists state-level school health policies that promote physical education.

www.nasbe.org/healthyschools/states/topics.asp?category=a&topic=2

National Center for Safe Routes to School

Safe Routes to School programs aim to make it safer and easier for children to walk and bike to school. This Web site offers information on Safe Routes to School programs from around the country, advice on starting a Safe Routes to School program, case studies, legislative and funding information, and links to training resources.

www.saferoutesinfo.org/index.cfm

Weight-Control Information Network (WIN)

Active at Any Size

WIN is an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). It provides science-based information on obesity, weight control, physical activity, and related nutritional issues. This Web site offers information designed to encourage physical activity among overweight and obese people, addressing many of the challenges overweight and obese people may face.

<http://win.niddk.nih.gov/publications/active.htm>

Weight-Control Information Network (WIN)

Sisters Together: Move More, Eat Better

WIN is an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). It provides science-based information on

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obesity, weight control, physical activity, and related nutritional issues. This Web site offers information on the Sisters Together: Move More, Eat Better initiative, which encourages black women aged 18 to 35 to become more active and eat more healthfully.

<http://win.niddk.nih.gov/sisters/index.htm>

The Nutrition Source, Harvard School of Public Health

Exercise

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health. The Nutrition Source has an article on the benefits of exercise and tips for incorporating more exercise into daily life.

www.hsph.harvard.edu/nutritionsource/Exercise.htm

Office on Women's Health, U.S. Department of Health and Human Services

Girlshealth

The Girlshealth Web site, designed for girls aged 10 to 16, has information on nutrition, fitness, and other health topics. The site also has a section for parents and caregivers and a section with classroom materials.

www.4girls.gov

Public Broadcasting Service

PBS TeacherSource

The PBS TeacherSource Web site has more than 3,000 free lesson plans and activities that teachers can download, including nutrition and fitness lesson plans for all grade levels.

www.pbs.org/teachersource/health.htm

Shape Up America!

Shape Up America! is a nonprofit organization that aims to raise public awareness of health threats associated with obesity. Its Web site has information on the 10,000 steps program, a physical activity calculator, and a personalized cyberkitchen that suggests meal plans tailored to your level of physical activity and your weight goals.

www.shapeup.org

University of Illinois at Chicago, Department of Disability and Human Development

National Center on Physical Activity and Disability (NCPAD)

NCPAD's Web site offers extensive information on developing fitness and physical activity programs for people with disabilities.

www.ncpad.org

U.S. Department of Agriculture

MyPyramid.gov

The USDA's MyPyramid food guidance system provides information on nutrition and physical activity for adults and children.

www.mypyramid.gov

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U.S. Department of Agriculture, Food and Nutrition Service

Eat Smart. Play Hard.

The Eat Smart. Play Hard. campaign encourages children, parents, and caregivers to eat healthy and be physically active every day. The Web site has activity sheets, videos, and games for children (based on the MyPyramid food guidance system); health-promoting tips and online tools for parents and caregivers; and promotional materials for professionals.

www.fns.usda.gov/eatsmartplayhard/

U.S. Department of Agriculture Food and Nutrition Service and the Food and Drug Administration

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions

The Power of Choice guide is designed for after-school program leaders who work with children aged 11 to 13. The downloadable guide contains activities, posters, and other materials aimed at improving children's nutrition and physical activity.

www.fns.usda.gov/tn/resources/power_of_choice.html

U.S. Department of Health and Human Services, The President's Council on Physical Fitness and Sports

President's Challenge

The President's Council on Physical Fitness and Sports created the President's Challenge, a program that encourages all Americans to make being active part of their everyday lives. This Web site provides details on the President's Challenge, including a list of sports and challenges for different age groups.

www.fitness.gov/activities.htm

WalkBoston

Walking for Health and the Environment Curriculum

WalkBoston, a nonprofit group that launched a Safe Routes to School program in the Boston, Massachusetts, area, has developed a walking curriculum for grades K through 5. Its Web site also has a Safe Routes to School tool kit with step-by-step guidance for organizing a Safe Routes to School program.

www.walkboston.org/projects/safe_routes.htm

We Can! (Ways to Enhance Children's Activity and Nutrition)

Get the Family Moving

We Can! is a federal program that gives parents and caregivers tools for promoting healthy weight in children. The We Can! Web site offers suggestions for ways to make family time active time.

www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/get-moving.htm