

Physical Activity/Fitness Federal Resources



General

- Physical Activity Guidelines, U.S. Department of Health and Human Services (HHS)
<http://www.health.gov/paguidelines>
- healthfinder®: A Guide to Reliable Health Information on Physical Activity and Other Topics, HHS
<http://www.healthfinder.gov>
- President's Council on Physical Fitness and Sports (PCPFS), HHS
<http://www.fitness.gov> and
<http://www.presidentschallenge.org>
- Centers for Disease Control and Prevention (CDC), HHS
<http://www.cdc.gov/physicalactivity>
- *Dietary Guidelines for Americans 2005*, HHS and U.S. Department of Agriculture (USDA)
<http://www.health.gov/DietaryGuidelines>
- Office of Disease Prevention and Health Promotion, HHS
<http://odphp.osophs.dhhs.gov>
- Office on Women's Health (OWH), HHS
<http://www.womenshealth.gov>
- Center for Nutrition, Policy, and Promotion, My Pyramid, USDA
http://www.mypyramid.gov/pyramid/physical_activity.html
- Food and Nutrition Service, USDA
<http://www.fns.usda.gov/fns>

Children and Adolescents

- Office of the Surgeon General, HHS
<http://www.surgeongeneral.gov/obesityprevention/index.html>
- CDC Division of Adolescent and School Health (DASH), HHS
<http://www.cdc.gov/HealthyYouth/about/index.htm>
- CDC DASH Plan To Address Physical Activity, HHS
http://www.cdc.gov/HealthyYouth/physicalactivity/pdf/Addressing_Phys_Activity.pdf
- OWH Powerful Bones. Powerful Girls.™, HHS
<http://www.girlshealth.gov/bones>
- SmallStep Kids, HHS
<http://www.smallstep.gov/kids/flash/index.html>
- NIH Ways To Enhance Children's Activity and Nutrition (We Can!), HHS
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan>
- President's Council on Physical Fitness and Sports, HHS
<http://www.presidentschallenge.org>
- Eat Smart. Play Hard.™, USDA
<http://www.fns.usda.gov/eatsmartplayhard>

Adults

- HealthierUS.gov
<http://www.healthierus.gov>
- The Fit for Life Veteran, U.S. Department of Veterans Affairs
<http://www.healthierusveterans.va.gov>
- Recreational Trails Program, Federal Highway Administration (FHWA)
<http://www.fhwa.dot.gov/environment/recreails/index.htm>
- Healthier Worksite Initiative, HHS
<http://www.cdc.gov/nccdphp/dnpa/hwi/index.htm>
- The President's Challenge Adult Fitness Test
<http://www.adultfitnessstest.org>
- SmallStep, HHS
<http://www.smallstep.gov>
- Forest Service, USDA
<http://www.fs.fed.us>



Older Adults

- Administration on Aging, HHS
<http://www.aoa.gov/eldfam/eldfam.aspx>
- CDC Information About Preventing Falls in Older Adults, HHS
<http://www.cdc.gov/ncipc/factsheets/adultfalls.htm>
- NIH Senior Health, HHS
<http://nihseniorhealth.gov>
- National Institute on Aging, Exercise Guide, HHS
<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/chapter01.htm>

Health Professionals

- CDC Key Physical Activity Resources, HHS
http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/index.htm
- HHS CDC Statistics:
 - Nutrition, Physical Activity and Obesity State Legislative Database
<http://apps.nccd.cdc.gov/DNPALeg/index.asp>
 - U.S. Physical Activity Statistics
<http://www.cdc.gov/nccdphp/dnpa/physical/stats/index.htm>
 - State-based Physical Activity Program Directory
<http://apps.nccd.cdc.gov/DNPAProg>
- CDC Arthritis, Morbidity and Mortality Weekly Report (MMWR) article on how physical activity can benefit persons with either arthritis or diabetes and those with both conditions, HHS
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5718a3.htm?s_cid=mm5718a3_e
- CDC Heart Disease and Stroke Prevention, HHS
<http://www.cdc.gov/heartdisease/prevention.htm>
- CDC Women Who Are Pregnant—The ABCs of pregnancy include “P” for Physical Activity!—HHS
<http://www.cdc.gov/ncbddd/bd/abc.htm>
- CDC Persons With Disabilities, HHS
<http://www.cdc.gov/ncbddd/dh/infocenters.htm>
- Office of Disability I Can Do It! You Can Do It!—HHS
<http://www.hhs.gov/od/physicalfitness.html>
- CDC Physical Activity and the Built Environment, HHS
<http://www.cdc.gov/healthyplaces/healthtopics/physactivity.htm>
- Environmental Protection Agency
<http://www.epa.gov/aging/bhc/index.htm>
- Federal Highway Administration: Bicycle and Pedestrian Program
<http://www.fhwa.dot.gov/environment/bikeped/index.htm>
- National Park Service
<http://www.nps.gov>
- PCPFS Research Digest, HHS
http://www.fitness.gov/publications/digests/pcpfs_research_digs.html

