

# PHYSICAL ACTIVITY KIT (PAK)

*staying on the active path in native communities ... a Lifespan approach!*

**BOOK #8**

## RESOURCES



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# Physical Activity Kit (PAK) OVERVIEW

## Physical Activity Kit (PAK): Staying on the Active Path in Native Communities...a lifespan approach

The Physical Activity Kit (**PAK**) *Staying on the Active Path in Native Communities...a Lifespan Approach* strategy refines an effective and efficient method to package, implement, evaluate and disseminate culturally appropriate physical activity for American Indian/Alaska Native and other communities. The primary goal of the **PAK** is to increase the time spent in moderate to vigorous physical activity (MVPA) by promoting age and culturally appropriate physical activities across the life span of Native American communities. These physical activities are appropriate across age spans (Young People, Adults/Family, and Older Adults) and include various levels of activity: Warm-up (flexibility) cardiovascular, Strength, Cool-down (flexibility).

The **PAK** strategy is a collaboration/partnership with:

- University of New Mexico Prevention Research Center (UNM PRC)
- The Indian Health Service with representation from IHS Headquarters (Divisions of Office of Clinical and Preventive Services: Health Promotion & Disease Prevention, Head Start, Nutrition, and the Community Health Representatives) and IHS Area Offices (Albuquerque, Portland, and Oklahoma).
- PAK Field Teams with representation from:
  - Aberdeen Area Teams: **Rosebud Sioux Tribe**, SD and **Sisseton Wahpeton Oyate**, Agency Village, SD
  - Albuquerque Area Teams: **Isleta Pueblo**, NM and **San Felipe Pueblo**, NM
  - Bemidji Area Team: **Sault Sainte Marie Tribe of Chippewa Indians**, MI
  - Billings Area Team: **Northern Cheyenne**, MT
  - Navajo Area Teams: **Ft. Defiance/Navajo/Window Rock**, AZ and **Sheep Springs**, AZ
  - Phoenix Area Teams: **San Carlos Apache Tribe**, AZ
  - Portland Area Teams: **Plummer Coeur d'Alene Tribe**, ID and **Bellingham Lummi Tribe**, WA



Pictured: 2007 PAK teams and Partners

The **PAK** strategy includes: 1) create a “package” of physical activities that are culturally appropriate to American Indian and Alaskan Native communities; 2) train interested Field Teams from across the Nation to implement and field test the **PAK** in their communities; 3) conduct the **PAK** Summit/Reunion to collect information regarding the modification, acceptability and usability of the **PAK** in their communities; and 4) develop a strategy to distribute and disseminate PAK to American Indian and Alaskan Native communities across the United States.

## PHYSICAL ACTIVITY RECOMMENDATIONS

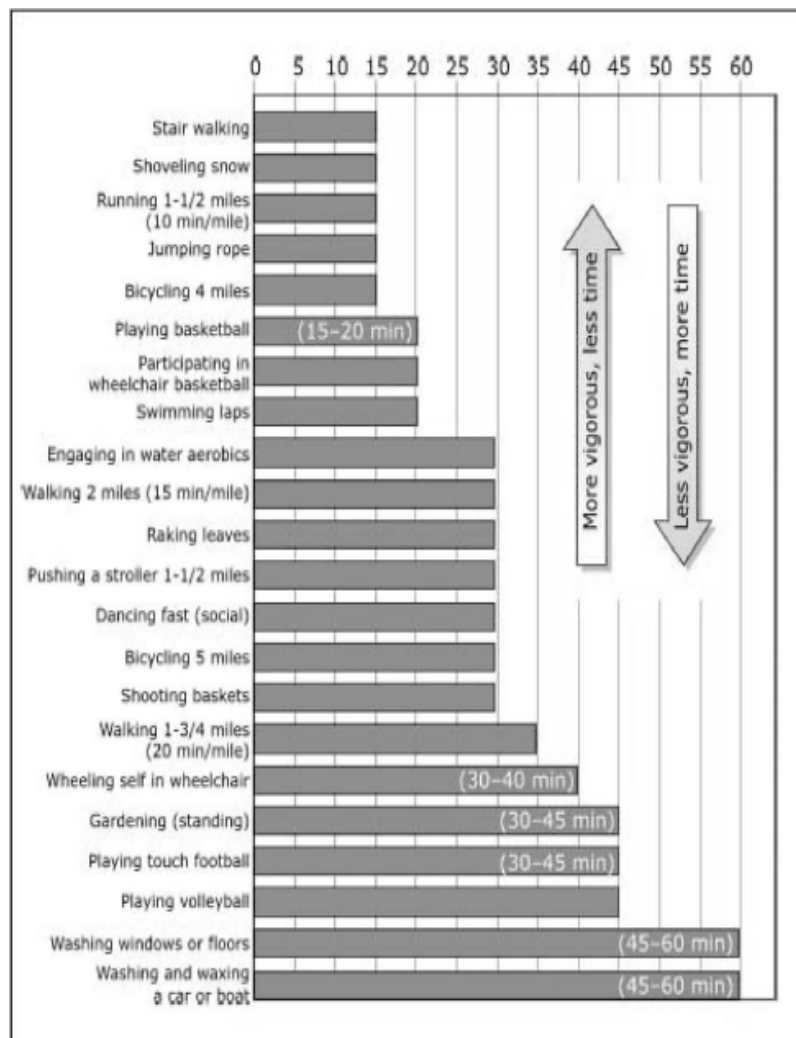
### What is “moderate-intensity physical activity?”

Moderate-intensity physical activity refers to any activity that burns 3.5 to 7 Calories per minute (kcal/min) (Ainsworth et al., 2000). These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling.

### What is “vigorous-intensity physical activity?”

Vigorous-intensity physical activity refers to any activity that burns more than 7 Calories per minute (kcal/min) (Ainsworth et al., 2000). These levels are equal to the effort a healthy individual might burn while jogging, engaging in heavy yard work, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill.

### Number of Minutes of Activity Required to Burn 150 kcalories



\* All information was gathered from the Centers for Disease Control and Prevention website, Physical Activity Recommendations, <http://www.cdc.gov>.



## RESOURCES for PAK Training

### ***Pathways - Obesity Prevention Program for American Indian Schoolchildren.***

This link <http://hsc.unm.edu/pathways> will take you to the ***Pathways*** publications, presentations, brochures; materials order form, purchasing/supply, ***Pathways*** component handouts and the ***UNC/Pathways*** website. ***Pathways***, a research study funded by the National Heart, Lung, and Blood Institute, is a school-based health promotion program that includes physical activity, nutrition, classroom curriculum, and family involvement. The primary purpose of ***Pathways*** is to prevent obesity among American Indian children by promoting increased physical activity and healthful eating behaviors.

The ***Pathways*** intervention was conducted with 1,704 third through fifth grade children from 41 schools in seven American Indian Nations. The tribal groups participating in this study included the Navajo Nation, the Gila River Indian Community, the Tohono O'odham Nation, the White Mountain Apache Tribe, the San Carlos Apache Tribe, the Oglala Lakota Nation, and the Sicangu Lakota Nation. The tribes worked in partnership with five universities to develop and implement ***Pathways*** (the University of New Mexico, the University of Arizona, Johns Hopkins University, the University of Minnesota, and the University of North Carolina).

***Pathways*** intervention was designed so that all four components are to be implemented together. We highly recommend that you implement Pathways in this way. The four components of Pathways are: Curriculum, Family, Food Service, and Physical Activity. Each of these components and accompanying materials has been included for the use of interested teachers, school personnel, and health promotion practitioners.

- Preventive Medicine, December 2003, Volume 37, 6(S),  
<http://www.sciencedirect.com/science>
- *Pathways Publications*: <http://hsc.unm.edu/pathways/publicat/pbpress.htm>
- *Pathways Brochure* (tri-fold), 2 pages, (874k, pdf)  
<http://hsc.unm.edu/pathways/assets/publicat/PWaysBrochure.pdf>
- *Pathways Presentations*: <http://hsc.unm.edu/pathways/publicat/pblctns.htm>
- *Pathways Materials Order Form and Purchasing/Supply List*:  
<http://hsc.unm.edu/pathways/assets/publicat/Purchasing%20List%203,4,5.pdf>
- Pathways Component hand-outs:
  - Curriculum, 2 pages (168k, pdf)
  - Family, 2 pages (36k, pdf)

- o Food Service, 2 pages (132k, pdf)
- o Physical Activity, 2 pages (S2k, pdf)
- UNC/Pathways (<http://www.bios.unc.edu/units/csc/PATH>)

### **Indian Health Service**

**Indian Health Service.** [www.ihs.gov](http://www.ihs.gov) The mission of the IHS, in partnership with AI/AN people, is to raise their physical, mental, social, and spiritual health to the highest level. The IHS goal is to ensure that comprehensive, culturally acceptable personal and public health services are available and accessible to all AI/AN people.

### **I.H.S. Health Promotion & Disease Prevention**

<http://www.ihs.gov/NonMedicalPrograms/HPDP/>

The mission statement of the Health Promotion and Disease Prevention (HPDP) is: "Working together for wellness with American Indian and Alaska Native communities."

### **Boys and Girls Club of America in Indian Country**

[http://www.naclubs.org/main/smart\\_moves.shtml](http://www.naclubs.org/main/smart_moves.shtml) The SMART Moves (Skills Mastery and Resistance Training) prevention/education program is a drug and alcohol abuse prevention program that teaches young people ages 6-15 how to say no by involving them in discussion and role-playing, practicing resistance and refusal skills, developing assertiveness, strengthening decision-making skills and analyzing media and peer influence.

**I.H.S. Head Start Program** <http://www.ihs.gov/NonMedicalPrograms/HeadStart>

### **Resources:**

- Model Tribal Head Start Health and Safety Code* (223k PDF)
- Head Start Facility Survey Checklist* (100k PDF)
- Health Plan for Head Start Centers* (466k Word File)
- The Sleep Safe Fire Safety Program* (590k PDF)
- Handbook for Playground Safety* (1.0BM PDF)
- Environmental Health Disaster Planning and Response* (1.25M PPT)

### **Physical Activity:**

*Physical Activity Strengths During Early Childhood* at <http://www.brightfutures.org/physicalactivity/eC/2.html>

*Bright Futures in Practice: Physical Activity* at <http://www.brightfutures.org/physicalactivity/intro/overview.html>

*Physical Activity for Everyone: Recommendations: Are there special recommendations for young people?* at <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

*Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years* at

<http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm>

### **Healthy Eating:**

*Taking Heights and Weights* at

<http://www.ihs.gov/MedicalPrograms/Anthropometrics/index.cfm>

*National Nutrition and Dietetics Training Program* at

<http://www.ihs.gov/MedicalPrograms/Nutrition/index.cfm?module=cookingoption=allnewquery=1>

### **Oral Health:**

*American Academy for Pediatric Dentistry* at <http://www.aapd.org/>

*American Dental Association* at <http://www.ada.org/>

*National Maternal & Child Oral Health Resource Center* at

<http://www.mchoralhealth.org/>

**Injury Prevention:** For educational materials, information, consultation, and technical assistance, every Head Start program should be in contact with their local (IHS or Tribal) environmental health specialist, the IHS - Head Start Program, and you can visit the references listed on this web page.

*The Sleep Safe Fire Safety Program* The Sleep Safe program targets children and families enrolled in American Indian Programs Branch (AIPB) Head Start programs.

*The Ride Safe Program* Ride Safe aims to reduce the rate of motor vehicle related injuries to children, aged 3 to 5 years, enrolled in participating Tribal Head Start programs, by promoting motor vehicle child restraint use.

*Bicycle Helmet Safety Institute* Non-profit consumer-funded program acting as a clearinghouse and a technical resource for bicycle helmet information.

*U.S. Consumer Product Safety Commission* The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products under the agency's jurisdiction. <http://www.cpsc.gov/>

*USCPSC - Public Safety Publications* Available publications for downloading: Handbook for Playground Safety; Public Playground Safety Checklist; Wear Bike Helmets on Bicycles - Not on Playgrounds; Strings Can Strangle Children on Playground Equipment; and many more.

<http://www.cpsc.gov/cpscpub/pubs/playpubs.html>

*IHS - Injury Prevention Program* To raise the health status of American Indians and Alaska Natives to the highest possible level by decreasing the incidence of severe injuries and death to the lowest possible level and increasing the ability of tribes to address their injury problems.

<http://www.cpsc.gov/cpsc/pub/pubs/playpubs.html>

*CDC - National Center for Injury Prevention and Control* These data are from the National Center for Health Statistics, CDC, and include all American Indians and Alaskan Natives residing in the United States.

<http://www.cdc.gov/ncipc/osp/indian/datarqpg.htm>

*National Highway Traffic Safety Administration* Saves lives, Prevents Injuries, Reduce vehicle-related fatalities. <http://www.nhtsa.dot.gov/>

*AAP - Children's Health Topics. Water Safety* The MP has information on how to keep children in all age groups safe in the water at home, in swimming pools, on boats, and in open bodies of water.

<http://www.aap.org/healthtopics/watersafety.cfm>

#### **Mental Health:**

*Mental Health: Methamphetamine Initiative 2006* at

<http://www.ihs.gov/MedicalPrograms/Behavioral/index.cfm?module=BH&option=Meth>

#### **Early Childhood Mental Health:**

*Center for Evidence-Based Practice: Young Children with Challenging Behavior - Handouts*

*Center on the Social and Emotional Foundations for Early Learning* at

<http://www.vanderbilt.edu/csefel/>

*Promising Practices in Children's Mental Health: Child, Adolescent & Family* at

<http://www.vanderbilt.edu/csefel/>

*National Early Childhood Technical Assistance Center (NECTAC) Early Childhood Mental Health, Social-Emotional Development, and Challenging Behaviors* at

<http://www.nectac.org/topics/menhealth/menhealth.asp>

#### **Staff:**

*Center for Evidence-Based Practice: Young Children with Challenging Behavior* at

<http://www.challengingbehavior.org/>

*The Program for Infant/Toddler Caregivers* at <http://www.pitc.org/>

*Behavioral Health Resources* at

<http://www.ihs.gov/MedicalPrograms/Behavioral/>



*National Indian Child Welfare Association (NICWA) at*  
<http://www.nicwa.org/index.asp>

*The Center for American Indian Health at the Johns Hopkins School of Public Health at* <http://www.jhsph.edu/caih>

**BodyWorks.** <http://www.4woman.gov/bodyworks/> BodyWorks is a program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

**Healthy Beverages Community Action Kit.**

<http://www.ihs.gov/MedicalPrograms/Nutrition/Documents/HealthyBeverages.doc>  
The goal of the Healthy Beverage Community Action Kit is to assist tribal communities to work together to promote healthy beverages, and to decrease intake of sugary beverages of soft drinks to combat health risk for American Indian and Alaska Native community members.

**I am Moving, I am Learning.** <http://www.acf.hhs.gov> I am Moving, I am Learning, is a promising pilot project underway in Region III to prevent and reverse childhood obesity and promote lifelong fitness for Health Start children through increased physical activity and healthy nutrition choices. The summary report entitled: I am Moving, I Am Learning: A Proactive Approach for Addressing Childhood Obesity in Head Start Children is located at:

[http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/imil\\_report.pdf](http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/imil_report.pdf)

**Just Move It.** Just Move It located [www.justmoveit.org](http://www.justmoveit.org) is a national campaign to promote physical activity for American Indians and Alaska Natives. Use this website to learn how to start an activity in your own community, share information about ongoing programs, contribute stories and enter information in Just Move It's calendar.

**My Amazing Body** is an Indian Health Service Head Start sponsored, complete 11 week curriculum centered on Nutrition and Exercise for 3-5 year olds. It has all other domains including Native American/Alaskan Native Culture and Taking care of the Environment.

**Restoring Balance.** Community-directed Health Promotion for American Indians and Alaska Natives. <http://www.hncp.org/wst/hpdp/restoringbalance/default.aspx>

**T.R.A.I.L. Program.** [http://www.naclubs.org/main/diabetes\\_prevention.shtml](http://www.naclubs.org/main/diabetes_prevention.shtml) The National Congress of American Indians (NCAI), Indian Health Service (IHS), Boys & Girls Clubs of America (BGCA), and NIKE, Inc., are piloting a prevention program aimed at reducing the onset of diabetes among Native American youth. The program - *On the T.R.A.I.L.* (Together Raising Awareness for Indian Life) to Diabetes Prevention - is an innovative combination of physical, educational and nutritional activities.

*Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion Division of Nutrition and Physical Activity. Promoting Physical Activity - A Guide for Community Action - A Step-by-Step Guide to Communitywide Behavior Change* shows you how to facilitate behavior change both from an individual and a community perspective.

<http://www.cdc.gov/nccdphp/dnpa/pahand.htm>.

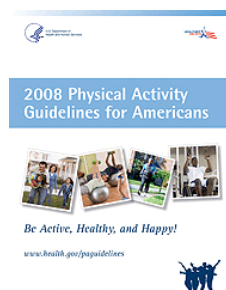
*Promising Practices in Chronic Disease Prevention and Control: A Public Health Framework.* The Centers for Disease Control and Prevention (CDC) has developed this book to share its vision of how states and their partners can reduce the prevalence of chronic diseases and their risk factors by instituting comprehensive statewide programs. The recommendations for achieving this vision are based on prevention effectiveness research; program evaluations; and the expert opinions of national, state, and local leaders and public health practitioners, including CDC staff. In addition to describing some of the most promising practices available to state programs, the book provides numerous sources, including Web sites, that describe state and local examples of what can be achieved; state-of-the art strategies, methods, and tools; and training opportunities. [ccdinfo@cdc.gov](mailto:ccdinfo@cdc.gov)

[http://www.hpclearinghouse.ca/downloads/Promising\\_Practices\\_cdc.pdf](http://www.hpclearinghouse.ca/downloads/Promising_Practices_cdc.pdf)

## **US Department of Health and Human Services.**

<http://www.health.gov/paguidelines> The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amount of physical activity that offer substantial health benefits to Americans.

### 2008 Physical Activity Guidelines for Americans



*2008 Physical Activity Guidelines for Americans* For policy makers and health professionals



2008  
Physical Activity Guidelines  
for Americans Toolkit



Be Active, Healthy, and Happy!

[www.health.gov/ppaguidelines](http://www.health.gov/ppaguidelines)



*2008 Physical Activity Guidelines for Americans Toolkit* For organizations and communities



Be Active, Healthy, and Happy!



*Be Active Your Way: A Guide for Adults* For adults aged 18-64



Physical Activity Guidelines  
Advisory Committee Report 2008  
To the Secretary of Health and Human Services

[www.health.gov/ppaguidelines](http://www.health.gov/ppaguidelines)



*2008 Physical Activity Guidelines Advisory Committee Report* For health professionals and researchers

# Fitness Testing

## Areas of Testing

- Cardiovascular Fitness
- Muscular Strength and Endurance
- Flexibility

## Modes of Testing

- Field Testing
- Treadmill Tests
- Cycle Ergometry Tests
- Steps Tests

## Cardiovascular Fitness

- Cooper 12 minute run/walk test (V02 maximum estimate)
- Cooper 1.5 mile test (V02 maximum estimate)  
[V02 maximum is the maximal oxygen uptake or the maximum volume of oxygen that can be utilized in one minute during maximal or exhaustive exercise. It is measured as milliliters of oxygen used in one minute per kilogram of body weight.]
- Rockport mile test = Walk as fast as you can. Take your heart rate after 10 seconds.  
[Heart rate is the number of contractions or heart beats of the heart in one minute] after V02 maximum estimate.
- Elders - resting heart range, Target Heart Range (THR) is  $(220 - \text{your age}) \div 2$  readings easiest, or just minutes of activity  
[**Target Heart Range** is measured by using your maximum heart rate (based on your age), your resting heart rate, and how active you are. The calculation used in this tool is accurate for all activity levels, from inactive to very active.]

## Muscular Strength and Endurance

- Pushup Test - number of pushups to exhaustion (ACSM 7th Edition, pg 85)
- Curl-Up Test - number curls to exhaustion (ACSM 7th Edition, pg 86)
- Bench Press - 1 repetition of weight pushed/body weight (ACSM 7th Edition, pg 82)
- Leg Press - 1 repetition weight pushed/body weight (ACSM 7th Edition, pg 83)
- Elders -maybe just a Grip Test

## Flexibility

- Could measure single joint movements (degrees)
- Sit and reach box
- YMCA Yard stick: Throw tape across the 15 inch mark, heels should touch tape, feet 10-12 inches apart, go as far forward as possible, hold 2 seconds, hands even, mark point.

## Exercise Safely Tips (recommended to the ages of 14 and up)

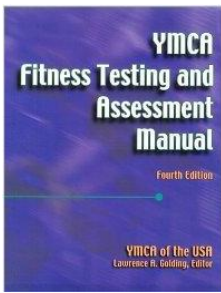
- **Consult a doctor.** Always consult with your Health Provider before starting any exercise program. (Remember exercise is medicine.)
- **Warm up and cool down.** Make sure you take the time to do a proper warm up and cool down period for your body. Warm-ups and cool downs should consist of a time period of 10 to 20 minutes each.
- **Have proper equipment.** Proper equipment could be a good quality fitting shoe. Ask your shoe specialist to assist with shoe selection and fit.
- **If you have health concerns** - Educate yourself on the symptoms that maybe associated with the health concern.
- **Stay adequately hydrated.** Water is the best method of hydration in exercises lasting 1 hour or less. Exercises lasting more than one hour can include an energy drink, but energy drinks are best used by pouring half of drink in another bottle and filling the remaining halves with water, which is called half drinks. This allows the body to absorb the fluid at a more efficient rate for proper hydration.
- **Diabetic patients.** It is important to have a partner with you that knows your condition if you are unable to talk. If you have a history of low blood sugar it is important to have fast acting glucose tablets (can be found in any local drug store) along with you. Remember activity is medicine!
- **Pay attention to weather.** Do not exercise in extreme weather conditions. Hot and Humid days can put your body at risk. Diabetics have a difficult time distributing heat from the body; this can put you at risk.

## Comprehensive fitness test

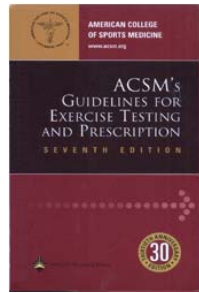
- Prescreening/risk assessment
- Resting Heart Rate (HR), Blood Pressure (BP), Height, and Body Mass Index (BMI)
  - **Blood pressure (BP)** is written as two numbers, such as *120/80* mm Hg (millimeters of mercury, the unit of measure for blood pressure). The first number is the systolic pressure. Systolic pressure is the pressure in the arteries when the heart beats and fills the arteries with blood. The second number is the diastolic pressure. Diastolic pressure is the pressure in the arteries when the heart rests between beats.
  - **Body Mass Index (BMI)** is a tool for indicating weight status in adults. It is a measure of weight for height. For adults over 20 years old, BMI falls into one of these categories: Below 18.5 (underweight), 18.5-24.9 (normal), 25.0-29.9 (Overweight) and 30.0 and above (obese).
- Body Composition- waist, hip circumference, skin fold assess
- Cardiovascular - walk run tests
- Muscular strength- 1-rep, curl up, pushups
- Flexibility- sit and reach



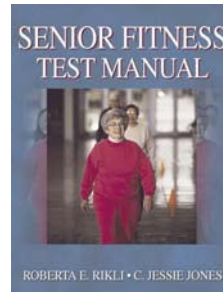
YMCA



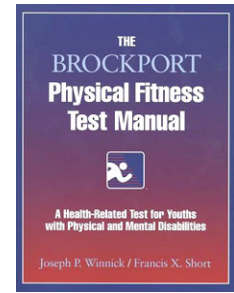
ACSM 7<sup>TH</sup> EDITION



HUMAN KINETICS



BROCKPORT



## Senior Fitness Test

Easy-to-use battery of test items that assess the functional fitness of older adults.

- Test is safe and enjoyable for older adults. It meets scientific standards for reliability and validity. Cost is \$79.00 that includes a book, CD, and a DVD providing instruction on how to measure.

<http://www.exrx.net/Store/HK/SeniorFitnessTestKit.html>

- Senior Fitness Test Manual: Provides complete information on administering and scoring the test and providing feedback to test participants.
- Senior Fitness Test Software: Track the test scores of older adults, comparing the scores to national norms. Print useful reports on participants' functional fitness levels. The software offers calculators and several options for reports that can be used in conjunction with the Senior Fitness Test.
- Senior Fitness Test Video: Shows how to administer the test battery properly to both individuals and groups. This video illustrates how to conduct seven individual fitness test items involving common activities such as getting up from a chair, walking, lifting, bending, and stretching. It also explains what equipment is needed to conduct the test items, provides safety tips, and demonstrates how to score each test item.

Places to get fitness testing supplies?

<http://optp.com>

Website Guides

- <http://www.cooperinst.org/>
- <http://www.acsm.org/>
- <http://www.humankinetics.com/>
- <http://www.exrx.net/>
- Software

<http://www.exrx.net/Store/BSDI/FitnessAnalyst.html>

## ADDITIONAL RESOURCES - Physical Activity

**Action for Healthy Kids.** <http://www.actionforhealthykids.org/> is a non-profit organization to address overweight, under nourished and sedentary youth by focusing on changes as school.

**Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years.** <http://www.aahperd.org/naspe> Specific guidelines for the physical activity of children birth to five years old were developed to support NASPE's position statement and to address the unique characteristics and needs of the developing child. The guidelines reflect the best thinking of motor development, movement, and exercise physiology specialists about the physical activity needs of young children during the first years of life.

**Against the Winds: American Indian Running Tradition.** [http://www.peabody.harvard.edu/mcnh\\_running](http://www.peabody.harvard.edu/mcnh_running) includes Spiritual Traditions, Running the Past and Running in the Present.

**Alaska Public Health Association - Healthy Living.** <http://www.ihs.gov/NonMedicalPrograms/HPDP/BPTR/index.cfm?module=Resources&option=Detail&BPTRSearchID=7177> Alaska Public Health Association's Healthy Living website shares best practices and resources to promote sound nutrition and active living among Alaska's children and youth to reduce the impact of diabetes and overweight. This site offers resources for parents, educators and concerned community members.

**Alliance for a Healthier Generation.** <http://www.healthiergeneration.org> The American Heart Association and the William J. Clinton Foundation have joined together to form the Alliance for a Healthier Generation, to combat the spread of childhood obesity and the serious diseases associated with it such as heart disease and diabetes.

**America's Walking.** <http://www.pbs.org/americaswalking> This is the website for the PBS television series on walking. America's Walking is a fitness, travel, and lifestyle series that offers information and inspiration for those who want to start a daily walking habit and live a more active life.

**American Alliance for Health, Physical Education, Recreation, and Dance.** <http://www.aahperd.org/index.cfm> The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle.

## **American College of Sports Medicine.**

[http://www.acsm.org/AM/Template.cfm?Section=General\\_Public](http://www.acsm.org/AM/Template.cfm?Section=General_Public) ACSM is devoted to public awareness and education about the benefits of physical activity for people of all ages, from all occupations. The physicians, researchers and educators of the College have created tools for the general public and for special audiences.

*Brochures* offering tips on fitness and exercise, consumer product recommendations, and more. Many are available for free download as PDF files.

*Current Comments* on topics relating to sports medicine and exercise science, aimed for a general audience.

*Position Stands* based on definitive research and scientific data, serving as official statements from ACSM. Position Stands are first published in ACSM's official journal, *Medicine & Science in Sports & Exercise*®. They are a valuable resource for professional organizations, public agencies, clinicians and researchers.

*ACSM's Fit Society*® Page, a quarterly newsletter with information on health and fitness, exercise, nutrition and more. Download it free as a PDF file.

*ACSM's Degree Guide*, a free, online resource highlighting graduate/undergraduate programs at institutions. Prospective students may search by location or concentration.

*ProFinder*, a free service where you can search for professionals who have achieved the "Gold Standard" in credentialing.

## **American Heart Association. *A Nation at Risk: Obesity in the United States.***

Overweight and obesity, especially among children, have emerged as serious threats to our nation's health. They have risen rapidly among women, men and children of all racial and ethnic groups. Recent research suggests that, if childhood obesity continues to increase, it could cut two to five years from the average lifespan. That could cause our current generation of children to become the first in American history to live shorter lives than their parents. In response to the health concerns associated with obesity, the Robert Wood Johnson Foundation and the American Heart Association have created a statistical sourcebook on obesity. This publication, "A Nation at Risk: Obesity in the United States," illustrates how prevalent obesity has become and examines the factors that contribute to the patterns of unhealthy eating and insufficient physical activity that are at the heart of this epidemic. Learn the facts about obesity by ordering your free sourcebook "A Nation at Risk: Obesity in the United States" contact 1-800-AHA-USA1 or [inquiries@heart.org](mailto:inquiries@heart.org). [www.heart.org](http://www.heart.org) Visit the Childhood Obesity Interest Area at <http://www.rwjf.org>.

## **Association of American Indian Physicians. Move It and Reduce Your Risk of**

**Diabetes.** To encourage increased physical activity in the school setting to help reduce diabetes risk among American Indian/Alaska Native (AI/AN) teens, Move It! school kit features customizable resources, along with an extensive CD-ROM with supporting materials and references. The kit highlights AI/AN youth engaging in physical activity and includes posters, fact sheets, resource lists, and stories from schools that have used the materials to start Move It! Programs. The AAIP Diabetes Program is a member of the National Diabetes Education Program American Indian

Alaska Native Workgroup. This workgroup develops culturally sensitive and relevant campaigns and materials to target diabetes education in Native populations. NDEP has made these materials copyright free for easy use. You may also order NDEP materials through the mail. For a complete listing of all available NDEP campaigns, see [www.ndep.nih.gov](http://www.ndep.nih.gov). To download images, visit [www.ndep.nih.gov/publications](http://www.ndep.nih.gov/publications) for downloading.

**Boys & Girls Club of America.** [www.bgca.org](http://www.bgca.org) Our Mission is to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens. A Boys & Girls Club provides; 1) a safe place to learn and grow; 2) ongoing relationships with caring, adult professionals; 3) life-enhancing programs and character development experiences; 4) hope and opportunity. **Bright Futures in Practice: Physical Activity.** [www.Brightfutures.org/physicalactivity](http://www.Brightfutures.org/physicalactivity) **Bright Futures in Practice: Physical Activity (2001) provides developmental guidelines on physical activity for the periods of infancy through adolescence. The guide provides current information on screening, assessment, and counseling to promote physical activity and to meet the needs of health professionals, families, and communities.**

**California Adolescent Nutrition and Fitness (CAN Fit) Program.**

<http://www.canfit.org> **CANFit** is engaging communities, and building their capacity to improve the nutrition and physical activity status of California's low income, ethnic youth 10-14 years old. The main components of **CANFit** are providing training and technical assistance to youth serving organizations; developing, evaluating and disseminating effective culturally-appropriate nutrition and physical activity educational materials and social marketing programs; advocating for policies that enhance nutrition and physical activity; awarding academic scholarships; and funding innovative community-based projects.

**Coordinated Approach to Child Health Program - CATCH.**

<http://www.sph.uth.tmc.edu/catch> CATCH is a coordinated school health program which builds an alliance of parents, teachers, child nutrition personnel, school staff, and community partners to teach children and their families how to be healthy for a lifetime. The four CATCH components - **Go For Health** Classroom Curriculum, **CATCH Physical Education**, **Eat Smart** School Nutrition Guide, and family **Home Team** activities – reinforce positive healthy behaviors throughout a child's day and make it clear that good health and learning go hand in hand.

**Centers for Disease Control and Prevention.** [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

(Division of Nutrition and Physical Activity) Physical activity is for everyone including

- Recommendations for young people  
<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm>
- Recommendations for older adults  
[http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/older\\_adults.htm](http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/older_adults.htm)

- Recommendations How active to gain benefits  
<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm>
- Guide to Community Preventive Services: Promote Physical Activities in Communities:  
[http://www.cdc.gov/nccdphp/dnpa/physical/health\\_professionals/promotion/community\\_guide.htm](http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/promotion/community_guide.htm)
- *Physical Activity Brochures* are designed to help parents, teachers, and principals increase physical activity among elementary and middle school-aged youth.
- *2003 Pediatric Nutrition Surveillance Report* This report summarizes selected data on child health and nutritional indicators received from state, territorial, and tribal governments that contributed to the Centers for Disease Control and Prevention (CDC) Pediatric Nutrition Surveillance System (PedNSS) and report.
- *PEP: A Personal Energy Plan*. The Personal Energy Plan or PEP is a 12-week self-directed, worksite program to promote healthy eating and moderate physical activity. The program materials include workbooks for healthy eating and physical activity targeting employees based on their readiness to change. A coordinator's kit, promotional brochures, and posters are also included in the program.
- *Physical Activity and Health: A Report of the Surgeon General*. The Surgeon General's first report that specifically addresses physical activity and health.
- *Physical Activity Evaluation Handbook*. Assess and improve your programs with this user-friendly guide!
- *Promoting Physical Activity: A Guide for Community Action*. A step-by-step guide to communitywide behavior change.
- *Reducing Children's TV Time to Reduce the Risk of Childhood Overweight: The Children's Media Use Study Highlights Report* Results of a qualitative study with children and parents to understand barriers and opportunities for reducing children's television viewing.
- CDC's Brochure, *Trails for Health: Promoting Healthy Lifestyles & Environments*. Trails for Health is a Centers for Disease Control and Prevention (CDC) initiative to help Americans of all ages achieve the health benefits of physical activity by increasing opportunities for physical activity and helping to make it an integral part of community life.  
[http://www.cdc.gov/nccdphp/dnpa/pdf/Trails\\_Increasing\\_Opportunities.pdf](http://www.cdc.gov/nccdphp/dnpa/pdf/Trails_Increasing_Opportunities.pdf)
- *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*. Promotion strategies to encourage young people to adopt and maintain physically active lifestyle. Presented by CDC's Adolescent and School Health Program.
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating* Promotion strategies to encourage young people to adopt and maintain healthy eating habits. Presented by CDC's Adolescent and School Health Program.
- *Promoting Better Health for Young People Through Physical Activity and Sports*. A Report to the President from the Secretary of Health and Human Services and the Secretary of Education, released by the White House, November 29, 2000,



outlines ten strategies to promote health through lifelong participation in enjoyable and safe physical activity and sports. Includes a bibliography and appendices of helpful materials.

- *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide*. A tool to assist with implementation of CDC's Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People and Guidelines for School Health Programs to Promote Lifelong Healthy Eating.
- *WISEWOMAN Works A Collection of Success Stories From Program Inception Through 2002*. Highlights some of the ways that CDC-funded WISEWOMAN Projects are making a difference for financially disadvantaged women participants.

### **CDC's Resources for Adults**

- *Exercise (Physical Activity) and Children, American Heart Association*
- *A Guide to Physical Activity, National Heart, Lung and Blood Institute, NHIBI*
- *Healthy People 2010*
- *KidsWalk-to-School* a guide that encourages individuals and organizations to work together to identify and create safe walking routes to school.
- *Movimento Por Su Vida* A music CD created to help everyone incorporate more movement into their lives.
- *National Institute on Aging: Exercise-Feeling Fit For Life*
- *The National Library of Medicine list of Web sites on an exercise for children, NIH*
- *Physical Activity Fundamental To Preventing Disease*
- *Physical Activity and Weight Control. NIDDK*
- *Powerful Bones. Powerful Girls. Web Site for Parents* A new Web site for parents with resources and creative ways to help your daughters make healthy choices that build and maintain strong bones.
- *President's Council on Physical Fitness and Sports*
- *President Healthier US Initiative*
- [www.smallstep.gov](http://www.smallstep.gov)
- *U.S. Physical Activity Statistics*

### **CDC's Resources for Children and Teens**

- *BAM! Body and Mind, CDC* This site is designed to help teach young people about disease, food & nutrition, physical activity, safety and their bodies.
- *Be Active, Tips for Kids with Type 2 Diabetes*
- *KidsHealth, The Nemours Foundation: Motivation and Power of Not Giving Up\**
- *Media-Smart Youth: Eat Think, and Be Active!* This interactive after-school education program for young people ages 11 to 13 is designed to help teach them about the complex media world around them, and how it can affect their health - especially in the areas of nutrition and physical activity.

- *Physical Activity Brochures for Parents, Teachers, and Principals to Increase Physical Activity Among Youth*
- *Powerful Girls, Powerful Bones*. "Powerful Bones. Powerful Girls."<sup>TM</sup> gives info on what foods have calcium and what activities are good for your bones and your body.
- *We Can! A Parent Handbook Ways to Enhance Children's Activity and Nutrition (We Can!)* includes practical tips to help the family find the right balance of eating well and being physically active to maintain a healthy weight This useful easy to read handbook explains the concept of Go, Slow and Whoa foods, proper portion size, and how to make screen time active time. The handbook provides resources for information on real-life strategies for managing a healthy weight in today's world.
- *VERB<sup>TM</sup> and VERB. It's what you do.* <http://www.cdc.gov/youthcampaign/> is a national, multicultural, social marketing campaign designed to encourage young people ages 9--13 years (tweens) to be physically active every day. The campaign combines paid advertising, marketing strategies, and partnership efforts to reach the distinct audiences of teens and adult influencers.

### **CDC's Resources for Persons with Disabilities**

- *International Paralympic Committee\**
- *Motor Opportunities Via Education (MOVE) International\**
- *National Center on Physical Activity and Disability\**
- *North American Riding for the Handicapped Association\**
- *Physical Activity and Health: A Report of the Surgeon General*

### **Data Resource Center for Child and Adolescent Health.**

<http://www.childhealthdata.org/content/Default.aspx> This site allows users to search and display charts and tabular findings from individual survey items as well as child health measures derived from these data sources. The site displays state profiles, rankings, and information for key demographic groups.

### **Eagle Book Series Stories about Growing Strong and Preventing Diabetes.**

<http://www.cdc.gov/diabetes/pubs/eagle.htm> The Eagle Books are a series of four books that are brought to life by wise animal characters, Mr. Eagle and Miss Rabbit, and a clever trickster, Coyote, who engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods, and learning from their elders about health and diabetes prevention. The Eagle Books were authored by Georgia Perez of Nambe Pueblo, and illustrated by Patrick Rolo, Bad River Band of Ojibwe, and Lisa A. Fifield, Oneida Tribe of Wisconsin, Black Bear Clan. The complete series is now available.

- The first book, *Through The Eyes of The Eagle* introduces the characters of Mr. Eagle and Rain That Dances, the American Indian boy he befriends. Mr. Eagle reminds the young boy of the healthy ways of his ancestors.

- In *Knees Lifted High*, the second book, Rain That Dances introduces Thunder Cloud, his best friend, to Mr. Eagle who encourages the boys to be physically active every day.
- The third book, *A Plateful of Color*, introduces Miss Rabbit and the boys' friends, Little Hummingbird and Simon. Miss Rabbit teaches the value of eating a variety of colorful and healthy foods.
- *Tricky Treats*, the final book in the series, introduces the character of Coyote, a trickster, and encourages children not to be tricked by coyote when choosing foods to eat.

For programs serving Native American children, the Eagle Books are available through the Indian Health Service

[http://www.ihs.gov/headstart/index.cfm?module=hs\\_eaglebook\\_series](http://www.ihs.gov/headstart/index.cfm?module=hs_eaglebook_series). For more information, please contact Dave Baldrige at 505-232-9908.

*Fit Families & Let's Get Moving*. Fit Families Novela Series: For Parents Who Want the Best for Their Families. This innovative bilingual resource kit was created for health professionals working with parents with young children. The video and print fotonovelas are designed to stimulate discussion on how to create healthy snacks, increase physical activity, and limit TV watching. Created using realistic characters who are struggling to make improvements in their families' health habits, the novelas help parents understand how small changes can make a big difference. Let's Get Moving! Working Together to Promote Active Lifestyles in Young Children. This exciting new resource kit for childcare providers, professionals, and parents is designed to introduce quick and easy ways to incorporate physical activity into the daily routines of children ages 2 through 7. The kit highlights ways to promote activity in 5 - 10 minute intervals throughout the day. The video and activity cards emphasize the importance of being physically active in increasing confidence, self-esteem, problem solving and social skills, and in building lifelong healthy and active habits.

**Fitness Testing.** <http://www.exrx.net/Testing.html> [www.ExRx.net](http://www.ExRx.net) (Exercise Prescription on the Net) is a free resource for the exercise professional, coach, or fitness enthusiast." ExRx.net consists of over 2000 pages, most of which are found in the **Exercise and Muscle Directory**. The content of this web site is available on **CD-ROM**.

- Fitness Testing for Elderly.  
<http://www.exrx.net/Store/HK/SeniorFitnessTestKit.html>

**FitnessGram.** <http://www.fitnessgram.net/home/> FITNESSGRAM/ACTIVITYGRAM enables you to promote awareness about the importance of physical activity and fitness, assess the fitness and activity levels of children in grades K-12, and help them develop patterns of lifelong, health-promoting physical activity. (The program is also appropriate for use with young adults up to age 30.)

FITNESSGRAM was developed by The Cooper Institute in an effort to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment measures three components of health-related physical fitness that have been identified as important to overall health and function:

- aerobic capacity;
- body composition; and
- muscular strength, endurance, and flexibility.

ACTIVITYGRAM, introduced in 1999, is a behaviorally based physical activity assessment tool. It provides a three-day record of activities performed during each 30-minute period. The report provides information in the following areas:

- Total number of minutes of activity each day as compared to a goal of 60 minutes
- Periods of time each day spent in activity
- Types of activity

**HealthFinder.** [www.Healthfinder.gov](http://www.healthfinder.gov). Healthfinder.gov index of physical activity information, resources, education providers.

<http://www.healthfinder.gov/Scripts/SearchContext.asp?topic=657&page=0>

**Let's Move: Americas Move to Raise a Healthier Generation of Kids.**

<http://www.letsmove.gov/index.html> A campaign launched in February 2010 by First Lady Michelle Obama in order to help combat childhood obesity across the nation.

**Native America Databases.** <http://hsc.unm.edu/library/nhd/> The Native Health Databases contain bibliographic information and abstracts of health-related articles, reports, surveys, and other resource documents pertaining to the health and health care of American Indians, Alaska Natives, and Canadian First Nations. The databases provide information for the benefit, use, and education of organizations and individuals with an interest in health-related issues, programs, and initiatives regarding North American indigenous peoples.

**Native Village.** [www.nativevillage.org](http://www.nativevillage.org) Native Village was created as an educational and current events resource for Native youth, teens, families, educators, and friends. Our biweekly publications include Native Village Youth and Education News and Native Village Opportunities and Websites. Each issue shares Indian news and education across the Americas and is written in a condensed, easy-to-read format. *Native Village News* has information about preventing prevent type-2 diabetes in youth by promoting overall healthy lifestyles and increased physical activity.

**National Alliance for Youth Sports.** <http://www.nays.org/> The National Alliance For Youth Sports (NAYS) is America's leading advocate for positive and safe sports and activities for children. The non-profit 501 (c)(3) organization is based in West Palm Beach, Florida. NAYS offers programs and services for everyone involved in youth sports experiences, including professional administrators, volunteer

administrators, volunteer coaches, officials, parents and young athletes. The goal of the National Alliance For Youth Sports is to make sports and activities safe and positive by providing programs and services that add value to youth sports.

**National Association for Health and Fitness.** <http://www.physicalfitness.org/> The National Association for Health and Fitness (NAHF) is a non-profit organization that exists to improve the quality of life for individuals in the United States through the promotion of physical fitness, sports and healthy lifestyles. NAHF accomplishes this work by fostering and supporting Governor's and State Councils and coalitions that promote and encourages regular physical activity.

**National Association for Sport and Physical Education.** <http://www.aahperd.org/naspe/> The National Association for Sport and Physical Education seeks to enhance knowledge and professional practice in sport and physical activity through scientific study and dissemination of research-based and experiential knowledge to members and the public.

**National Coalition for Promoting Physical Activity.** <http://www.ncppa.org> The National Coalition for Promoting Physical Activity's mission is to unite the strengths of public, private, and industry efforts into collaborative partnerships that inspire and empower all Americans to lead more physically active lifestyles. NCPPA is an extraordinary group of national organizations that independently address a host of issues pertaining to physical activity including health/science, education, environments, population specific outreach, and activity behavior.

**National Diabetes Education Program - American Indian Alaska Native Program.** <http://www.aaip.org/?page=DiabetesHome> The MIP Diabetes Program is a member of the National Diabetes Education Program American Indian Alaska Native Workgroup. This workgroup develops culturally sensitive and relevant campaigns and materials to target diabetes education in Native populations. Our program has provided a comprehensive list of AIAN materials and campaigns below. These materials are beneficial to use at community events, powwows, health fairs and in schools to provide basic diabetes prevention and control messages.

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).** <http://www.niddk.nih.gov>

- Weight-Control Information Network
- Healthy Eating and Physical Activity Across Your Lifespan - Helping Your Child - Tips for Parents: English | en Espanol
- Helping Your Overweight Child

**National Institutes of Health.** National Heart, Lung, and Blood Institute (NHLBI) <http://www.nhlbi.nih.gov>

- Aim For a Healthy Weight
- Portion Distortion Web Site
- Portion Distortion Slideshow



- Recipes for Healthy Eating
- NHLBI Diseases and Conditions Index: What Are Overweight and Obesity
- NHLBI Your Guide to Physical Activity and Your Heart (Also available in PDF)
- Hearts N' Parks

**National Recreation and Park Association** <http://www.nrpa.org/> For 40 years, the National Recreation and Park Association has advocated the importance of thriving, local park systems, the opportunity for all Americans to lead healthy, active lifestyles, and the preservation of great community places.

**National Association for Sports and Physical Education.**

<http://www.aahperd.org/naspe> Guidelines for children including:

- **Active Start:** A Statement of Physical Activity Guidelines for Children Birth to Five Years - all children birth to age five should engage in daily physical activity that promotes health-related fitness and movement skills.
- **Physical Activity for Children: A Statement of Guidelines for Children Ages 5 - 12, 2nd Edition** - physical activity guidelines for parents, physical education teachers, classroom teachers, youth physical activity leaders administrators, physicians, health professionals, and all others dedicated to promoting physically active lifestyles among preadolescent children (ages 6 to 12). Physical activity, broadly defined, includes exercise, sport, dance, as well as other movement forms.

**Native American Fitness Council:** [www.nativeamericanfitnesscouncil.com](http://www.nativeamericanfitnesscouncil.com) provides workshops and trainings for all populations, from youth to elder. We also 'train the trainers' certifying fitness instructors and others who teach exercise to community members. All content is Native American specific and taught with cultural sensitivity and appropriateness. Native American Fitness Council, PO Box K, Flagstaff, AZ 86002 (928)774-3048

**The Native American Sports Council (NASC).** [www.nascsports.org/](http://www.nascsports.org/) The Native American Sports Council (NASC) is a 501 (c) 3 non-profit member of the U.S. Olympic Committee based in Colorado Springs, Colorado and is dedicated to promoting community wellness through culturally appropriate youth-oriented sports programs. The NASC was founded upon tribal traditions, which have for centuries promoted individual and community well-being through sport and the lessons learned from traditional games as a curriculum for life.

**Pedestrian and Bicycle Information Center** <http://www.pedbikeinfo.org> mission is to improve the quality of life in communities through the increase of safe walking and bicycling as a viable means of transportation and physical activity.

**Physical Activity: School and Community Guidelines.**

<http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines/index.htm> This site includes strategies most likely to be effective in promoting physical activity among young people. Information includes text as published in the MMWR, summary of guidelines, and more.

**President's Council on Physical Fitness and Sports.** <http://www.fitness.gov> is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.

**REZ-ROBICS.** <http://www.dreamcatchers.org/rezrobics> DreamCatchers, the social profit (non-profit) organization founded by the officers of Kifaru Productions, has coproduced with The Northern Navajo Medical Center Health Promotions Program of Shiprock, New Mexico a health and fitness 2 video set entitled REZ ROBICS and REZ ROBICS FOR COUCH POTATO SKINS. The project was inspired by the fact that Diabetes has become one of the most serious threats to the health of Indian people both on the reservations and in urban settings.

REZ ROBICS is a 90 minute aerobics video, mixing pow wow dancing and martial arts with normal aerobics movements. REZ ROBICS FOR COUCH POTATO SKINS, winner of the "Best Public Service Announcement Award" at The American Indian Film Festival in San Francisco, is a half hour comedy featuring two prominent Native actor/comedians; Elaine Miles (Northern Exposure, Smoke Signals) and Drew LaCapa, the up and coming comedian who calls himself "300 pounds of love". It also includes another 30 minutes of inspirational interviews with all the Indian people involved in the production, and a 10 minute program on the diabetes struggle of Tom Bee, the founder of Sound of America Records. The RezRobics programs are being distributed free of charge to the Indigenous communities of North America. For information on how to receive yours ... GO TO: <http://www.dreamcatchers.org/rezrobics/>

***School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide.*** <http://apps.nccd.cdc.gov/shi/default.aspx> A tool to assist with implementation of CDC's Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People and Guidelines for School Health Programs to Promote Lifelong Healthy Eating.

### **S.M.A.R.T. Student Media Awareness to Reduce Television**

<http://notv.stanford.edu/> 3rd-4th Grade Curriculum and CD-Rom Item 10: HPP6. S.M.A.R.T. is a 3rd or 4th grade classroom curriculum designed to motivate children to reduce their television watching and video game usage. Research has shown that a reduction in time spent watching television and playing video games can result in lower prevalence of childhood obesity as well as less aggression in children. The SMART curriculum was successfully tested with elementary schools in the San Francisco Bay Area. The curriculum is intended to be used over the course of the school year and includes all the lesson plans and tools needed to implement the program. Special volume discounts available for this curriculum. Please call (650) 723-0003 for details.

***Society of State Directors of Health, Physical Education, and Recreation.***

<http://wg.thesociety.org/> Established in 1926, the Society of State Directors of Health, Physical Education and Recreation is a professional association whose members supervise and coordinate programs in health, physical education, and related fields within state departments of education. Associate members are those who are interested in the goals and programs of the Society who do not work within a state education agency.

**Sport, Play, & Active Recreation for Kids - SPARK.** <http://www.sparkpe.org>

SPARK is a research-based organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children and adolescents by disseminating evidence-based physical activity and nutrition programs that provide curriculum, staff development, follow-up support, and equipment to teachers of Pre-K through 12th grade students. SPARK strives to achieve outstanding customer satisfaction through timely delivery and exceptional service.

**Steps to a Healthier US.** <http://www.healthierus.gov/STEPS/> and **Small Steps**

<http://www.smallstep.gov/> is an initiative from the U.S. Department of Health and Human Services (HHS) that advances the Healthier US goal of helping Americans live longer, better, and healthier lives. The Steps cooperative agreement program funds 40 communities nationwide to implement school and community programs to increase physical activity and healthy eating; reduce obesity, diabetes, and tobacco use; and better manage asthma.

**Take 10! Classroom Physical Activity Breaks.**

<http://www.take10.net/whatistake10.asp?page=new> TAKE 10! is a classroom-based physical activity program for kindergarten to fifth grade students. TAKE 10! is a curriculum created by teachers for teachers and students and integrates academic learning objectives with movement.

**Team Nutrition: Local Wellness Policy.**

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html> This clearinghouse created by U.S. Department of Agriculture (USDA) in collaboration with CDC, contains reference materials to assist school districts with developing local wellness policies for physical activity and nutrition, tools and resources for implementation, and un-reviewed sample policies.

**The Cooper Institute.** <http://www.cooperinst.org/institute/index.cfm> The Cooper Institute is recognized as the leader of the international physical fitness movement and motivates people to exercise in pursuit of good health. Educational products, instructional manuals, software, and fitness apparel can be found by downloading our latest *2008 Product Catalog*. The ACTIVITYGRAM® assessment is a three-day recall of physical activity and the FITNESSGRAM® is a health related physical fitness assessment.

***U.S. DHHS Healthy People 2000's (National Health Objectives): Physical Activity and Fitness Resource List.***

<http://odphp.osophs.dhhs.gov/pubs/hp2000/1phys2.htm>

This resource list contains references to Federal, State, and local government agencies as well as private organizations that offer information resources related to the physical activity and fitness objectives of HEALTHY PEOPLE 2000. Because so many States have adopted their own year 2000 objectives, you may wish to contact your State health department for additional information.

**US Department of Health and Human Services.**

<http://www.health.gov/paguidelines> The Physical Activity Guidelines for Americans will be issued in late 2008. The Physical Activity Guidelines will summarize the latest knowledge about activity and health, with depth and flexibility targeting specific population subgroups, such as seniors and children. This effort is inspired by President Bush's personal dedication to physical fitness and his desire that every American have access to science-based guidelines. The development of the Physical Activity Guidelines will use a Federal Advisory Committee process. Information related to the guidelines development process can be found in this site.

**US Olympic Committee.** *US Olympic Committee - Finding Leaders Among Minorities Everywhere (F.L.A.M.E.)* Finding Leaders Among Minorities Everywhere (F.L.A.M.E.) is a fun, interactive five-day program that will fly selected participants (minority student between the ages of 13 to 18, that demonstrates strong academic and community involvement) to the headquarters of the United States Olympic Committee, expose them to Olympic athletes and introduce them to other student leaders from around the U.S. <http://www.teamusa.org/resources/usoc-programs/f-l-a-m-e>

**Walk Our Children to School Day.** <http://www.walktoschool-usa.org> The University of North Carolina Highway Safety Research Center is the host for the "National Walk Our Children to School Day" website. The site includes descriptions of the event, a form to sign up, reasons to walk and lists of resources to make your walk great.

**Walkable America.** <http://www.walkableamerica.org> This site is maintained by the nonprofit National Safety Council, which is one of many members of the Partnership. The site includes information on "Walk Our Children to School Day," as well as the "Walkable America Checklist." The checklist is an interactive quiz, which allows you to rate the walkability of a community. It also includes recommendations on how to improve your community's score.

**Walkable Communities, Inc.** <http://www.walkable.org> This non-profit corporation is organized to help communities become more walkable and pedestrian friendly. Their website describes their services, and contains photographs of walkable communities for downloading.

**Weight Control Information Network - WIN.** <http://win.niddk.nih.gov> The Weight-control Information Network provides the general public, health professionals,

the media, and Congress with up-to-date, science-based information on weight control, obesity, physical activity, and related nutritional issues.

**We Can!** <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan> We Can!<sup>TM</sup> or "Ways to Enhance Children's Activity & Nutrition" is a national program designed for families and communities to help children maintain a healthy weight. The program focuses on three important behaviors: improved food choices, increased physical activity and reduced screen time. These tip sheets and supplemental tools for parents can help your family plan and prepare healthier meals.

*We Can! Parent Tips: Making Healthier Food Choices:* This resource presents simple tips to help you plan and prepare meals and snacks to help your family get the most nutrition out of the calories consumed.

*We Can! Parent Tips: Healthier Eating While Saving Money.* This resource helps you create a food plan that focuses on choosing healthier foods while saving money.

*Food Comparison Chart:* Use this chart to learn how healthier choices can save you calories and money.

*Grocery List Template:* Print this sheet before a shopping trip and use it to help you pick healthier items for your family.

*Weekly Meal Planner.* Use this tool each week to help plan healthier meals for your family.

*Families Finding the Balance: A Parent Handbook:* Parents can help their family stay in energy balance with this handbook, available in English or in Spanish. It offers practical tips to help parents help their families find the right balance of eating well and being physically active to maintain a healthy weight.

**Wings of America.** [www.wingsofamerica.org](http://www.wingsofamerica.org) is an American Indian youth development program of the Earth Circle Foundation, Inc. based in Santa Fe, New Mexico. (505)982-6761.