

CHAPTER 10

ADDITIONAL INFORMATION

The following sites contain information and resources that can help you reach your nutrition and exercise goals.

1. Nutrition and Weight Loss

5 A Day

www.5aday.gov/homepage/index_content.html

Ideas for getting 5 to 9 servings of fruits and vegetables into your daily diet.

American Dietetic Association

www.eatright.org/Public/NutritionInformation/92.cfm

Food and nutrition information as well as referrals to nutrition professionals in your area

Calorie calculator

www.nat.crgq.com/energy/ec.html

Tool for figuring out your daily energy use.

Commercial Alert

www.commercialalert.org

Information on preventing junk food makers from influencing your child's nutritional decisions through advertising and marketing campaigns.

Foodfit

www.foodfit.com

Healthy eating and fitness information. Tools including recipes, menu planners, cooking tips, and weight loss advice.

Nutrition.gov

<http://www.nutrition.gov/>

Complete information on making healthy food choices including the *Dietary Guidelines for Americans 2005* and *My Pyramid*.

Weight Control Information Network (WIN)

www.niddk.nih.gov/health/nutrit/nutrit.htm

Information on obesity and weight control from the National Institute of Diabetes & Digestive Diseases.

2. Physical Activity

AfterSchool Alliance

www.afterschoolalliance.org/

Information on finding healthy and active after school programs nationwide.

America on the Move

www.americaonthemove.org

National grassroots network that supports individuals, families, and communities in their efforts to get active.

American Council on Exercise

www.acefitness.org/default.aspx

Resources and information on fitness training.

ClubPed

www.diabetes.org/clubped

A fun way to track your walking progress.

Oregon Department of Transportation Bicycle and Pedestrian Program

www.odot.state.or.us/techserv/bikewalk/

Resource for biking in Oregon including maps of local bike routes, bike touring information, and safety tips.

Shape Up America

www.shapeup.org/

Information and tools for getting active and combating obesity.

TV Turnoff Network

www.tvturnoff.org/index.html

Ideas for cutting down on TV viewing.

Walk to School Day

www.walktoschool-usa.org/index.cfm

Information on how to walk or bike to school safely.

3. General Health and Prevention

American Diabetes Association

www.diabetes.org/home.jsp

Information on preventing and managing diabetes.

American Heart Association

www.americanheart.org

Information on heart disease and steps to a heart-healthy lifestyle.

HealthierUS.Gov

www.healthierus.gov/

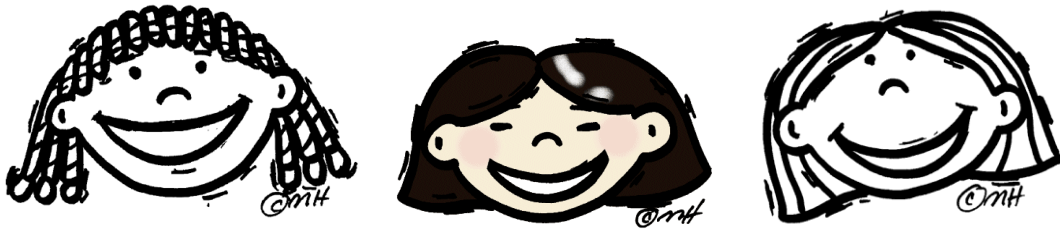
Information on nutrition, physical fitness, disease prevention, and avoiding health risks.

4. Lifestyle and Self-Esteem

4Girls Health

www.4girls.gov/

Information for girls on nutrition and dieting, body image, and other teen issues.



BAM! Body and Mind

www.bam.gov/flash_dan.html

Centers for Disease Control website for kids 9-13 years old; provides information for making healthy lifestyle choices.

Eat Smart. Play Hard

www.fns.usda.gov/eatsmartplayhard/

Brochures, activity sheets, stickers and other fun stuff for kids and parents to use in developing a healthy lifestyle.

5. Special Resources for Teachers

ARN Catalog <http://anrcatalog.ucdavis.edu>

The University of California Cooperative Extension (UCCE) offers educational tools for health care professionals, nutritionists, parents, and teachers through their website. All materials are developed by nutritionists, peer reviewed, and field tested. The website also contains many free, downloadable publications. (For information on volume discounts, call 800-994-8849).

- ***Fit Families Novela Series: For Parents Who Want the Best for Their Families***

By Pat Crawford, Center for Weight and Health at UC Berkeley

This 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 that are struggling to make improvements in their families' health habits, the novelas help parents understand how small changes can make a big difference.

Kit includes:

- Series of three 12-minute videonovelas:
 - **"Marisa's Big Move,"** a story about limiting time watching TV and videos.
 - **"Marta's Delicious Snacks,"** one mother's story about the rewards of creating healthy snacks.
 - **"Christina's Day of Discovery,"** a family's story about increasing exercise.

- 10 of each of the three fotonovelas that can be used in combination with the videonovelas.
- A leaders guide for educators with 3 simple lesson plans on how to incorporate the video and fotonovelas into existing curricula.

Complete kit:

Publication number - 3496

\$65.00

Extra sets of fotonovelas:

10 copies of each of the three fotonovelas (30 total)

Publication number - 3496A

\$30.00

- ***Let's Get Moving!: Working Together to Promote Active Lifestyles in Young Children***

By Pat Crawford, Center for Weight and Health at UC Berkeley

This 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

The kit highlights ways to promote activity in 5- to 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.

Kit includes:

- 11-minute motivational video

- One set of 7 colorful physical activity cards each with a simple physical activity idea introduced in the video
- 10 colorful pamphlets highlighting the 7 simple physical activity ideas introduced in the video
- Users guide with ideas for ways to use the kit

Complete kit:

Publication number: 3494

\$55.00

Extra pamphlets (sold in sets of 10):

Publication number: 3494A

\$5.00/10

Extra activity cards:

10 sets of the 7 activity cards (70 cards total)

Publication number: 3494B

\$15.00/10

