

Nutrition and Exercise Resources

Partnership for Healthy Weight Management:

www.consumer.gov/weightloss/setgoals.htm or 888-878-3256

Find a weight loss program that works for you and set goals for weight loss.

Weight Loss for Life:

win.niddk.nih.gov/publications

Get up-to-date information on weight control, physical activity and nutrition.

HUGS International:

www.hugs.com/participant

Learn about a non-diet approach to weight loss and maintenance. For adults and teens. Programs available on-line. Fee.

Overeaters Anonymous:

www.oa.org or 505-891-2664: Find a meeting location near you.

TOPS (Take Pounds Off Sensibly):

www.tops.org or 800-932-8677

This non-profit organization helps people reach and maintain physician-prescribed weight goals. Includes weekly chapter meetings and retreats year round.

Weight Watchers:

www.weightwatchers.com or 800-562-6962

American Dietetic Association:

www.eatright.org or 800-877-1600 ext 5000 to find a Registered Dietitian

USDA, My Pyramid Plan:

www.mypyramid.gov

Determines the proper number of calories to promote weight loss and guides you to choose the foods and amounts that are right for you. An individualized meal plan is provided along with tips on eating out and physical activity.

Cornell Cooperative Extension:

www.cce.cornell.edu/ or call Albany County: 765-3500, Columbia County: 828-3346, Greene County: 622-9820, Rensselaer County: 272-4210, Schenectady County: 372-1622

Provides community nutrition programs, information on meal planning on a budget and information on preparing nutritious meals. Nutrition educators are available to answer nutrition and food safety questions.

Hart to Heart Fitness:

email Aerobic2@aol.com or call 518-456-1058

Diane Hart provides 3 aerobic classes: Jackie's Aerobic workout, Aerobic Strong Step and Aerobic Dancing. Classes are held in Colonie, Latham/Loudonville, East Greenbush, Rensselaer, Castleton and Troy. Discount available for CDPHP members.

Curves Fitness for Women:

www.curves.com or 800-754-7505

Fitness program for women. Locate centers through web site or by calling.

YMCA/YWCA:

www.ymca.net or check yellow pages

Fitness programs for adults, children and teens.

Find a Fitness Facility:

www.healthclubdirectory.com

Walking Clubs:

Empire State Capital Volkssporters: www.geocities.com/WALKESCV

The Walking Connection: www.walkingconnection.com

America on the Move:

www.americaonthemove.org

A free program that helps you move more and eat less by making small changes in your eating and activity levels. To reinforce your progress there are fun goal-setting, logging and tracking tools.

American Heart Association: Choose To Move Program www.s2mw.com/choosetomove

A free 12-week physical activity program for women. Shows women how to be physically active, eat healthfully, love their body and take time for themselves.

Shopping Mall Walking

- Colonie Center (459-9020) Mall opens at 6 am. Stores open at 10am.
- Colonie Senior Service Centers (459-2857) Sponsors a morning walking club and exercise class at Colonie Center.
- Crossgates Mall (869-9565) Mall opens at 5am. Stores open at 10am.
- Latham Circle Mall (785-8363) Mall opens at 5am. Stores open at 10am.
- Rotterdam Mall: (374-3713)

School District Exercise Program Opportunities:

Contact your local school district's Continuing Education Program for a list of programs.

Parks and Recreation:

Contact your local Parks and Recreation Department for information.

Diabetes Centers:

- Albany Medical Center Goodman Diabetes Service: 262-5185 or www.amc.edu/diabetes
- Northeast Health Diabetes Center
 - Albany Memorial Hospital: 447-3500
 - Samaritan Hospital: 271-3592
- Ellis Hospital Center for Diabetes: 243-1696
- Columbia-Memorial Hospital: Diabetes Take Charge 758-2792

The Greater Capital Region Coalition for Diabetes Prevention and Control is providing this resource without preference or support for any particular organization. Before using these services, we recommend that you speak with the staff about your needs. Some exercise facilities may require physician approval before allowing participation in their program.