

Know What is Good/Not Good for You!

<p>Aerobic Exercise</p>	<p>American College of Sport Medicine – Physical Activity Guidelines - http://www.acsm.org//AM/Template.cfm?Section=Home_Page&Template=/CM/HTMLDisplay.cfm&ContentID=7322</p> <p>American Council on Exercise – Fit Facts - http://www.acefitness.org/fitfacts/default.aspx</p> <p>America on the Move - http://aom.americaonthemove.org</p> <p>MedlinePlus – Exercise and Physical Fitness Information - http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html</p>
<p>Strength Exercise</p>	<p>American College of Sport Medicine – Physical Activity Guidelines - http://www.acsm.org//AM/Template.cfm?Section=Home_Page&Template=/CM/HTMLDisplay.cfm&ContentID=7322</p> <p>American Council on Exercise – Fit Facts - http://www.acefitness.org/fitfacts/default.aspx</p> <p>America on the Move - http://aom.americaonthemove.org</p> <p>American Council on Exercise – Prevent Osteoporosis Now – Fact Sheet - http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_39.pdf</p>
<p>Stretching Exercise</p>	<p>American Council on Exercise – Flexible Benefits – Fact Sheet - http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_30.pdf</p> <p>American Academy of Orthopedic Surgeons – Stretching Exercises - http://orthoinfo.aaos.org/topic.cfm?topic=A00310&return_link=0</p> <p>My Stretch Break - http://www.mystretchbreak.com/default.asp</p> <p>Mayo Clinic – Stretching: Focus on Flexibility - http://www.mayoclinic.com/print/stretching/HQ01447/METHOD=print</p>
<p>Low-Fat Diet</p>	<p>Dietary Guidelines for Americans – Chapter 6: Fats - http://www.health.gov/dietaryguidelines/dga2005/document/pdf/Chapter6.pdf</p> <p>American Dietetic Association – Balancing Calories and Optimizing Fats – Fact Sheet - http://www.eatright.org/ada/files/Hellmanns.pdf</p> <p>MyPyramid – Interactive Menu Planner - http://www.mypyramidtracker.gov/planner/launchPage.aspx</p>
<p>Whole Grains</p>	<p>MyPyramid – Grain Group - http://www.mypyramid.gov/pyramid/grains.html</p> <p>American Dietetic Association – Whole Grains Made Easy – Fact Sheet - http://www.eatright.org/ada/files/Whole_Grains.pdf</p> <p>Dietary Guidelines for Americans – Chapter 5: Food Groups to Encourage - http://www.health.gov/dietaryguidelines/dga2005/document/pdf/Chapter5.pdf</p> <p>MyPyramid – Interactive Menu Planner - http://www.mypyramidtracker.gov/planner/launchPage.aspx</p>
<p>Fruits and Vegetables</p>	<p>Fruits and Veggies More Matters - http://www.fruitsandveggiesmorematters.org</p> <p>MyPyramid – Vegetable Group - http://www.mypyramid.gov/pyramid/vegetables_tips.html</p> <p>MyPyramid – Fruit Group - http://www.mypyramid.gov/pyramid/fruits_tips.html</p> <p>Dietary Guidelines for Americans – Chapter 5: Food Groups to Encourage - http://www.health.gov/dietaryguidelines/dga2005/document/pdf/Chapter5.pdf</p> <p>MyPyramid – Interactive Menu Planner - http://www.mypyramidtracker.gov/planner/launchPage.aspx</p>