



Physical Activity Resources

Education and Awareness Materials

Healthy Maine Walks

www.healthymainewalks.org

This site provides information on finding indoor or outdoor walking routes in Maine, as well as creating and registering a route on the Healthy Maine Walks site.

Maine Cardiovascular Health Program

www.healthymainepartnerships.org

This program addresses the prevention of cardiovascular disease in communities, schools, worksites, and healthcare settings by emphasizing heart-healthy policies and changes to address risk factors such as physical inactivity, poor nutrition, tobacco use, high blood pressure, high cholesterol, and overweight/obesity.

Fitness Info and Recommended Exercises for Stretching

<http://www.mckinley.uiuc.edu/health-info/fitness/fitness.html>

This site provides general fitness information, as well as specific examples of stretches for all the major muscle groups, offering pictures and explanations for executing stretches safely and effectively.

Advocate Health Care

<http://www.advocatehealth.com>

This site explains the benefits of stretching and why people should take a little time out of each day to do this for their bodies.

WorkSMART Injury Management Systems Products

<http://www.worksmart.ab.ca/products.html>

This company has designed stretching posters to offset the development of back injuries and repetitive strain disorders; the site includes a list of prices and acts as a resource for other helpful stretching materials.

Barbre Ergonomics

<http://www.barbre-ergonomics.com/office.html>

This site offers tips on office ergonomics and ways to protect the body while at work, as well as offering materials such as free printable stretching posters and fatigue control techniques to aid employees throughout their workday.

2.3 Physical Activity Success Stories

Physical Activity Resources (continued)

Department of Labor & Industries Safety & Health Video Library

<http://www.Ini.wa.gov/wisha/ergo/ErgonomicsVideos2002.pdf>

This resource library contains a number of videos regarding the important topic of office ergonomics, and also has a selection entitled A Guide to Stretching in the Workplace.

ShapeUp America

www.shapeup.org

This site offers information regarding physical fitness and weight management, and offers a link to the ShapeUp America health newsletters.

Physical Activity and Health: A Report of the Surgeon General

www.cdc.gov/nccdphp/sgr/sgr.html

This site provides a number of relevant facts as they relate to physical activity and health.

National Association for Health and Fitness

www.physicalfitness.org

This site contains health information as it pertains to worksite wellness and health promotion, providing a link to useful information and handouts.

National Association for Sport and Physical Education

<http://www.aahperd.org/naspe/template.cfm>

<http://shiva.tcs.tufts.edu/cgi-bin/berger/tertiary.pl?no=268>

These sites act as resources for the topic of physical education, featuring news and press releases, explanations of current programs, and extensive lists of resources/links related to the topic; this information would be useful to professionals and parents alike.

Maine Department of Transportation: Office of Passenger Transportation

www.state.me.us/mdot/opt/bike/homepage.html

This site provides a bicycle and pedestrian page consisting of frequently asked questions regarding bicycle travel, information on bicycle storage and parking, information regarding bike tours in Maine, as well as descriptions of current bike and pedestrian projects that are either under construction or already in place.

Physical Activity and Health: A Report of the Surgeon General

www.cdcgov/needphp/sgr/sgr.html

This is an important report outlining the benefits of physical activity.



The American Heart Association

www.americanheart.org

This site provides information and links regarding the benefits of healthy lifestyles.

10 Tips to Healthy Eating and Physical Activity

www.fitness.gov/funfit/10tips.html

This site provides tips for healthier living including physical activity and nutrition.

Better Health Channel, Approved by the Healthy Eating Club

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Walking_can_help_to_keep_you_healthy?OpenDocument

This site provides a variety of facts regarding not only the benefits of walking, but also information about ways in which walking can aid in weight management, ways in which people can manage their time to create more opportunities for walking throughout the day, and ways to make walking a more enjoyable activity; there are also several useful links to related topics.

American Institute for Preventive Medicine

www.aipm@healthy.net/

Among its other materials, this site provides a resource for physical activity information and materials through its online subheading entitled Fitness Center, which contains fitness news, fitness columns, information about nutrition and fitness, current fitness programs, fitness facts, and connects viewers to the Fitness Reading Room where they can find a number of different books among the 123 health-related categories; free newsletters are also available for subscription.

RealAge

<http://www.realage.com>

This site offers different resources such as tools for diet and fitness and health assessment, and provides the option of signing up for the RealAge Tip of the Day which gives advice on ways to improve your health through your everyday lifestyle choices.

American Diabetes Association

www.diabetes.org

This Web site provides recipes and tips for healthy eating and increasing physical activity levels, a variety of health and wellness information, and promotes the benefits of a healthy lifestyle.

2.3 Physical Activity Success Stories

Physical Activity Resources (continued)

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/nccdphp/dnpa/stairwell/index.html>

This CDC site offers a number of useful tips on how to increase physical activity, at no cost, through stairwell usage, including ideas such as improving the visual appeal of stairwells, creating motivational signs, installing music, and other ideas.

National Center for Biking and Walking

www.bikewalk.org

This site offers resources to aid communities in becoming more physically active by making them more conducive to activities such as biking or walking.

Newsletters and Subscriptions

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State and National Physical Activity Programs

Move and Improve

www.moveandimprove.org

This Web site acts as an online registry for the Move and Improve Program, which is designed to increase the activity levels of its participants through 30 minutes of physical activity, four days a week, and contains important information regarding program rules and participation requirements.

March Into May

<http://www.ci.portland.me.us/h8.html>

March Into May is a 10-week physical activity program run by Portland Public Health.

Walkable Communities, Inc.

www.walkable.org

This site provides readers with the mission of the nonprofit corporation Walkable Communities, Inc., which is to help various kinds of communities to become more walkable and safe for pedestrians; it also features monthly articles on the different ways people can help their own communities to achieve this goal.

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Maine Recreation and Park Association

2.3 Physical Activity Success Stories

Physical Activity Resources (continued)

www.merpa.org

This site explains the purpose and mission of the MRPA, which is dedicated to promoting the quality of parks, recreational, therapeutic, and open space services for the people of Maine; it offers the opportunity to become a member of the association, as well as information regarding upcoming special events and conferences.

Physical Activity Observances

Pedestrian and Bicycle Information Center: Resources for Changing Communities

www.walkinginfo.org

This site contains information regarding upcoming walking and bicycling events/conferences, how to analyze a community's "walkability," existing rules and policies related to pedestrian and bicycle traffic, the health benefits of walking and biking, and so much more.

Walk to School Day

www.walktoschool-usa.org

This site provides planning information for organizing a Walk to School Day.

National Women's Health and Fitness Day

www.fitnessday.com

This one-day celebration, taking place in September, emphasizes the importance of regular physical activity for women, and encourages women of all ages to take time out to focus on their own health and well-being.

Family Health and Fitness Day USA

www.fitnessday.com

At this event, held in September, families will participate in health promotion events throughout the country, aiming to promote the importance of regular physical activity for children and their parents.



Equipment

Play It Again Sports

www.playitagainsports.com/franchise/storefinder/asp

This is an excellent resource for purchasing a large selection of new and used fitness equipment at a reasonable price. Shoppers have the option to buy, sell, or trade their own equipment and can simply type in their zip code and city to receive information about a Play It Again Sports near them.

Power Systems, Inc.

www.power-systems.com

1-800-321-6975

This company is a good resource for equipment of all kinds. Prospective buyers can shop online at the above listed Web site, or can call the toll-free number also listed above.

