

Weight Management, Nutrition and Physical Activity National Resource Information List



Healthfinder*

Enter *Healthy Eating, Weight Control, Overweight, Obesity, Physical Activity, Nutrition* or *Exercise* to get direct links to other Web sites covering these topics.

www.healthfinder.gov

American Heart Association Start!

All-in-one information to help you walk more, eat better and live a longer, healthier life. Recipes, resources and on-line fitness planners and trackers.

www.startwalkingnow.org

American Heart Association

Ask for diet and nutrition pack.

1-800-242-8721 (toll free)

Delicious Decisions

American Heart Association on-line cookbook

www.deliciousdecisions.org

National Heart, Lung, and Blood Institute (NHLBI) Aim for A Healthy Weight*

Includes risk assessment for weight and exercise using a body mass index calculator plus exercise suggestions, diet counseling, shopping lists, menus, recipes, and menu planner.

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/patmats.htm

Order NHLBI publications or ask for special topic information

1-301-592-8573 (not toll free)

The President's Council on Physical Fitness and Sports

Contains information on beginning a fitness program, including a fitness log plus tips on how to get fit for different age groups and varying beginning levels of fitness. Publications on healthy living and activity are available.

www.fitness.gov

1-240-276-9567 (not toll free)

FirstGov for Consumers*

Information and resources on consumer protection issues. Put *Diet and Weight Control, Exercise and Fitness* and/or *Nutrition* in Search

www.FTC.gov

1-877-FTC-HELP

1-877-382-4357

MEDLINEPLUS*

For direct links to healthy eating and fitness, select *Health Topics*, then *Food and Nutrition, Fitness and Weight Loss* or *Children and Teenagers*. Under the A-Z section, choose *Weight Control* for adult weight-loss links or *Child Nutrition* for links to help your child with healthy eating and fitness habits.

www.nlm.nih.gov/medlineplus/healthtopics.html

Smokefree.gov

Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker.

www.smokefree.gov

1-800-QUIT-NOW

1-800-784-8669

(continued)



**Arkansas
BlueCross BlueShield**
An Independent Licensee of the Blue Cross and Blue Shield Association
arkansasbluecross.com



Health Advantage
An Independent Licensee of the Blue Cross and Blue Shield Association
healthadvantage-hmo.com



**Blue Advantage
Administrators of Arkansas**
An Independent Licensee of the Blue Cross and Blue Shield Association
blueadvantagearkansas.com

* Available in English and Spanish

 Includes information on child/teen obesity

Healthy Refrigerator

Consumer-oriented information about a heart-healthy diet. Great site for kids and teens.

www.healthyfridge.org

Weight-control Information Network (WIN)*

Up-to-date science-based information on weight control, obesity, physical activity and related nutritional issues. Select *Publications* for a variety of topics related to weight loss.

www.win.niddk.nih.gov

Weight Control Information*

from the National Institutes of Health

1-877-946-4627

Small Steps* (Department of Health and Human Services Web site) for adults and teens

Includes steps to eating better and becoming more active. Select *Get the Facts, Eat Better, Get Active, Portion Control* and *Learn More*.

www.smallstep.gov

Small Steps for Kids*

Interactive site for children with Play 60 play ideas, and TV videos to encourage activity plus activity, games, quizzes, and challenges.

www.smallstep.gov/kids/flash/index.html

Healthy Children Healthy Futures*

Download *A Parent's Guide to Healthy Eating and Physical Activity* that has menus, recipes and shopping tips.

www.healthychildrenhealthyfutures.org/parentguidedownload.htm

American Council on Exercise*

Look for *Get Fit* section on home page and select Exercise Library & Workouts and Healthy Recipes. Click *Fit Facts* for concise, one-page information sheets covering different adult and youth health and fitness topics.

www.acefitness.org

Shape Up America Body Fat Lab

Learn more about your percentage of body fat and the role it plays in your overall health in this interactive site.

www.shapeup.org/bodylab/frmst.html

American Running Association

Articles about family fitness and weight management, fact sheet on ways to help children be more active and other fitness tips.

www.americanrunning.org

Center for Nutrition Policy and Promotion*

Tools that provide information on adult, teen and child diets, physical activity and links to nutrient information. Includes podcasts, trackers and a Foodapedia.

www.cnpp.usda.gov

Kids Health Exercise Opportunities*

Gives examples of games and fun ways for kids to exercise alone or with friends - in all kinds of weather.

www.kidshealth.org/kid/stay_healthy/fit/what_time.html


Cooperative Extension Office

Listings of programs and information available for weight management, healthy cooking, nutrition and physical activity.

Find your local county office at www.csrees.usda.gov/Extension

The Healthy Weigh! Education Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you need. You, as the member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in The Healthy Weigh! Education Program.

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