

Links: Physical Activity

A parent's guide to healthy eating and physical activity

www.smallstep.gov/pdf/final_parent_guide_english_%207_27_04.pdf

Bam.gov is an interactive tool for adolescents that provides up-to-date information and encouragement to increase their level of physical activity and to establish fitness habits that will stay with them for life.

www.bam.gov

Kids and Exercise

www.kidshealth.org/parent/nutrition_fit/fitness/exercise.html

Physical Activity for Everyone

www.cdc.gov/nccdphp/dnpa/physical/index.htm

Powerful Bones, Powerful Girls, features information on calcium and physical activity for girls.

www.cdc.gov/pwerfulbones/index_content.html

The President's Challenge – You're it. Get fit!

www.presidentschallenge.org/

Recreation areas by state, by activity, by agency, and by map

www.recreation.gov

Relay races for children

<http://pbskids.org/zoom/activities/games/>

VERB is an interactive campaign for teens to promote daily physical activity

www.cdc.gov/youthcampaign/

We can! Ways to enhance children's activity and nutrition

www.nhlbi.nih.gov