



Physical Activity in the Workplace
New York State Department of Health
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HEALTHY WEB SITES

GENERAL HEALTH

NYS Department of Health

www.health.state.ny.us

Check on *Information for Consumers* for tips on heart disease prevention, healthy lifestyles, etc. The section on *Information for Researchers* has the most recent statistics on heart disease and information on the percentage of adults who are sedentary.

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion

www.cdc.gov/nccdphp

This Web site provides state level data on the prevalence of risk factors and a wide range of chronic diseases, including obesity and physical activity. It also provides resources and fact sheets with up-to-date information on diseases and risk factors, and articles on current research and successful programs to reduce the risk of chronic diseases.

Combined Health Information Database (CHID)

www.chid.nih.gov

CHID is a bibliographic database produced by health-related agencies of the Federal Government. This database provides titles, abstracts, and availability information for health information and health education resources.

National Library of Medicine

www.nlm.nih.gov

This Web site provides access to *Medline*, an online index of articles from numerous medical journals, and to consumer-oriented articles and resources on any health condition.

PHYSICAL ACTIVITY

NYS Physical Activity Coalition

www.nysphysicalactivity.org

This Web site provides a wealth of resources on physical activity, including recent research and news articles, a calendar of events and conferences, and the opportunity to interact with physical activity professionals through a chat room and message forum.

National Association for Health and Fitness

www.physicalfitness.org

As a sponsor, this organization provides information on how your worksite or community can participate in May's National Employee Health and Fitness Day. It also sponsors *Let's Get Physical*, an interactive and educational program designed to promote physical activity and nutritious food choices as part of a healthy lifestyle.

Efit

www.efit.com

This site features information and tips on how to improve physical activity levels and eating habits. You can also sign up for a free weekly *Healthy Living* electronic newsletter.

Shape Up America

www.shapeup.org

Created by former Surgeon General C. Everett Koop, this site provides consumer information and tips to reduce obesity through better eating habits and increased physical activity. Use the site to assess your current fitness level and create a personalized physical activity program.

Some information reprinted from "Compute Your Way to Better Health," in Health Journal, Winter 1998 edition, a publication of Prepaid Health Plan.

WORKSITE WELLNESS

Association for Worksite Health Promotion

www.awhp.org

AWHP is dedicated to enhancing the personal and organizational health and well-being of employees and their families by:

- 1) advocating the value of worksite health promotion to business and government leaders;
- 2) supporting health promotion professionals through education and providing resources; and
- 3) serving as a catalyst to advance research and learning in our field.

Wellness Councils of America

www.welcoa.org

As North America's premier resource for worksite wellness, the Wellness Councils of America is dedicated to helping member organizations build world-class wellness programs.

NUTRITION

Food and Nutrition Information Center

www.nal.usda.gov/fnic

Created by the U.S. Department of Agriculture, this site contains information on nutrition requirements, food safety, dietary supplements, and a host of other consumer-related topics.

American Dietetic Association

www.eatright.org

This site has nutrition information for professionals and for consumers, along with a link to more information on **WebMD** (www.webmd.com/nutrition).

WALKING AND CREATING WALKABLE COMMUNITIES

Walking Magazine

www.walkingmag.com

This site contains information on walking – how to warm up, how to select the proper shoes, tips on eating right, etc.

Creative Walking, Inc.

www.creativewalking.com

Creative Walking, Inc. (CWI) specializes in custom-designed walking and wellness programs. Founded in 1985 by Robert Sweetgall, CWI currently serves hundreds of corporations, hospitals, schools, communities and conferences with motivational workshops, educational resources, incentives and complete programs.

National Center for Bicycling and Walking

www.bikefed.org

This site contains information on how to create environments that are safer and more comfortable for pedestrians. Check out the section on *Public Health* for information on the relationship between transportation decisions and our growing epidemics of obesity and inactivity. This site also has information on Walk Our Children to School Week.

New York Parks and Conservation Association

www.nypca.org

This site will soon have information on all of the community trails in New York State. Find out what's available in your area.

DISABILITIES

Sports and People with Disabilities

www.nas.com/~dusa/glance.html

The site of Disabled Sports USA, the official advisor to the President's Council on Physical Fitness and Sports, provides information on its chapter members and programs. The organization offers comprehensive services for families through a nationwide peer support network and family training workshops, and training and certification of professionals to assure that fitness, recreation, sports and physical education programs include people with disabilities.

Modifications and Physical Activity

www.indian.edu/~nca

This site of the National Center on Accessibility (NCA) is a program of Indiana University's Department of Recreation and Park Administration, in cooperation with U.S. Park Service, Office on Accessibility. The NCA Technical Assistance Program provides the latest information regarding the inclusion of people with disabilities in parks, recreation and tourism.

OTHER RELATED SITES

American Heart Association

www.americanheart.org

American Cancer Society

www.cancer.org

American Diabetes Association

www.diabetes.org