

## Nutrition and Fitness Hotlist High School

### Fitness Web Sites

**Site: Education World**

**Address:** [http://www.educationworld.com/a\\_special/physical\\_fitness.shtml](http://www.educationworld.com/a_special/physical_fitness.shtml)

**Description:** A site that has resources, lessons and activities for physical fitness. Physical Fitness is highlighted because May is physical fitness month.

**Site: The President's Council on Physical Fitness and Sports**

**Address:** [http://www.fitness.gov/resources\\_factsheet.htm](http://www.fitness.gov/resources_factsheet.htm)

**Description:** Physical Activity Facts

Contains a list of facts obtained from publications prepared by agencies and offices of the Department of Health and Human Services: the Centers for Disease Control and Prevention; the National Center for Health Statistics; the Office of the Surgeon General of the United States (Physical Activity and Health, 1996; Call to Action to Prevent and Decrease Overweight and Obesity, 2001), and the Office of Disease Prevention and Health Promotion (Healthy People 2010).

**Site: Division of Recreational Sports-UW Madison**

**Address:** [http://www.recsports.wisc.edu/fitness/personal\\_training/staff\\_bios.htm](http://www.recsports.wisc.edu/fitness/personal_training/staff_bios.htm)

**Description:** Personal Trainers-Staff Bios

A site that has bios of all of their personal trainers. This would be great to use to explain the career of personal trainers and why people choose that career.

**Site: National Strength and Conditioning Association (NSCA)**

**Address:** <http://www.ncsca-lift.org/>

**Description:** As described by NSCA from their home page:

"The National Strength and Conditioning Association (NSCA) is the world's leading authority on strength and conditioning. We provide reliable, research-based, strength and conditioning information to our members and the general public."

You must have a membership to download articles or you can buy a single article. Professional Membership is \$120.00/ year. NSCA has good articles about fitness and careers in fitness for high school students.

**Site: The Surgeon General's Report on Physical Activity and Health (1996)**

**Address:** <http://www.cdc.gov/nccdphp/sgr/sgr.htm>

**Description:** The first Surgeon General's report to address physical activity and health. Gives a list and other facts about the benefits of physical activity. Great for a discussion in high school health or life science class.

**Health and Nutrition Web Sites**

**Site: United States Department of Agriculture (USDA)**

**Address:** <http://www.mypyramid.gov/>

**Description:** The new Food Guide Pyramid—My Pyramid Discusses healthy eating. Gives an in-depth description of the Food Guide Pyramid. Allows students to input their age and activity level to come up with a My Pyramid Plan. Also has games for kids.

**Site: Center for Disease Control**

**Address:** <http://www.cdc.gov>

**Description:** Search: healthy eating

The search on the CDC site brings up articles such as: “Guidelines for School Health Programs to Promote Lifelong Healthy Eating” This article is a report that summarizes strategies to help promote healthy eating among school-age youths and provides nutrition education guidelines for a health program in the schools.

Another article is “Healthy Youth” Discusses healthy and unhealthy eating as well as gives recommendations.

**Site: The Center for Young Women's Health-Children's Hospital Boston**

**Address:** <http://www.youngwomenshealth.org/healthyeating.htm> |

**Description:** A site especially for teenage girls. Provides a healthy eating guide for teens.

**Site: Healthy Eating for Teens-Karen Bergs, R.D.**

**Address:** <http://extension.usu.edu/files/foodpubs/teens.pdf>

**Description:** A pdf that is great for passing out to teens to begin a discussion of healthy eating.

**Site: Kids Health – Teen Health**

**Address:** <http://kidshealth.org/teen>

**Description:** A site geared toward teen health topics. Topics include: Your Mind, Your Body, Sexual Health, Food and Fitness, Recipes, Drugs and Alcohol, Q & A, Diseases and Conditions, Infections, School and Jobs, Staying Safe, En Espanol.