

Nutrition and Fitness  
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[www.aahperd.org](http://www.aahperd.org)

website supports healthy lifestyle through high quality programs

[www.healthierus.gov](http://www.healthierus.gov)

government website. Talks about obesity, diabetes, nutrition and physical activity.

[www.keepkidshealthy.com](http://www.keepkidshealthy.com)

guide to keeping kids healthy

[www.webmdhealth.com](http://www.webmdhealth.com)

overall view of health. Can ask questions, get info etc.

[www.ext.nodak.edu/food/kidsnutrition](http://www.ext.nodak.edu/food/kidsnutrition)

educational activities and information for kids, teenagers, parents and teachers

[www.nutritionexploration.org](http://www.nutritionexploration.org)

lots of nutrition information done through interactive games and activities

[www.fitnessandkids.com](http://www.fitnessandkids.com)

fun fitness activities to keep kids healthy and fit.

[www.kidshealth.org](http://www.kidshealth.org)

have 3 sites- for parents, kids and teenagers

[www.nutritionforkids.com](http://www.nutritionforkids.com)

aimed at educators and parents. Talks about the right nutrition for kids.

[www.wholefitness.com/kidsfitness.html](http://www.wholefitness.com/kidsfitness.html)

helps with activities to get kids physically fit