
Maine in Motion

Resources

Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness -
<http://www.mainephysicalactivity.org>

Maine Cardiovascular Health Council - <http://www.maineheart.org>

Winterkids - <http://www.winterkids.org>

Healthy Maine Walks - <http://www.healthymainewalks.org>

Healthy Aim - <http://www.healthyaim.com>

MAHPERD-Maine Association for Health, Physical Education, Recreation and Dance -
<http://www.maineahperd.org>

Maine Department of Transportation: Office of Passenger Transportation -
<http://www.state.me.us/mdot/opt/bike/homepage.htm>

Eastern Maine Healthcares Healthy Living Library - <http://www.emh.org/hll/>

National Association for Health & Fitness - <http://www.physicalfitness.org>

Nutrition and Physical Activity at Centers for Disease Control and Prevention -
<http://www.cdc.gov/nccdphp/dnpa/>

National Heart, Lung, and Blood Institute - <http://www.nhlbi.nih.gov/index.htm>

American Heart Association - <http://www.americanheart.org>

CATCH Program - <http://www.catchtexas.org>

NASPE/National Association for Sport & Physical Education -
<http://www.aahperd.org/naspe/>

WELCOA/Wellness Councils of America - <http://www.welcoa.org>

Fitness Basics-Information from the American Medical Association -
http://www.ama-assn.org/insight/gen_hlth/fitness/fitness.htm

Personal Trainer-Developing your own program -
http://www.ama-assn.org/insight/gen_hlth/trainer/index.htm

American Dietetic Association - <http://www.eatright.org>

Body Mass Index (BMI) Determination - <http://www.shapeup.org/bmi/index.html>

Shape Up America—founded by former Surgeon General C. Everett Kopp, MD -
<http://www.shapeup.org/sua>

The National Institute of Health Consumers - <http://health.nih.gov>