

Physical Activity, Nutrition, and Healthy Lifestyle Web Sites

Take a look at some of these web sites that have valuable and useful information about physical activity, nutrition, fitness, and living a healthy lifestyle.

<http://www.aahperd.org/naspe/>

This is the National Association for Sport and Physical Education web site. This organization is part of the American Alliance for Health, Physical Education, Recreation, and Dance. The NASPE section has important information regarding the national standards for physical education, appropriate practices in movement programs, and a position paper entitled, “What constitutes a Highly Qualified Physical Education Teacher?” There is also a teacher toolbox that includes a monthly parent letter and an exercise calendar for children and families.

www.KidsHealth.org

Check out food and nutrition information, recipes, body mass index calculator, activity time suggestions, fitness ideas, and family fitness tips.

www.HealthierGeneration.org

View a parent newsletter and get great healthy lunch box ideas.

<http://health.nih.gov/result.asp/1106>

Under “Related Topics,” look for Exercise/Physical Fitness. In this category you will find suggestions to stay physically active, a checklist for your physical activity and heart disease IQ, and a body mass index table and calculator. There are also tips that parents can use to encourage healthy eating and physical activity among children.

www.5aday.gov

This site offers the following:

- A calculator to find out how many fruits and vegetables you need each day, based on your daily calories needs
- Tips on how to include fruits and vegetables in your daily diet
- Information on exciting new fruits and vegetables to try
- Delicious recipes and much more!

www.dole.com

Take a look at what the Dole “superkids” have to say about nutrition and fitness.

www.myeatsmartmovemore.com

Ideas to eat smart, move more, and interact with others.

www.mypyramid.gov

Get a complete explanation of the government’s food pyramid. There’s a healthy menu planner and special section just for kids with an interactive food pyramid game called “Blast Off.”

www.nutritionexplorations.org/kids/nutrition-pyramid.asp

This is an interactive pyramid that lets children learn by clicking on the different sections of the pyramid.

www.innerbody.com

Take an interactive tour of the various systems of the human body.

www.pelinks4u.com

Get fun ideas for physical activity, fitness training, and using a pedometer.

www.pecentral.com

Get lesson plans, assessment ideas, and fitness activities.