

Fitness and Nutrition Web Sites – Ms Rimpas – 8th Grade Health Research

President's Council on Physical Fitness and Sports

<http://www.fitness.gov/>

Shape Up America! Healthy Weight for Life

<http://www.shapeup.org/>

MomsTeam.com

<http://www.momsteam.com/>

Kids Health

<http://kidshealth.org>

Act Now British Columbia

<http://www.actnowbc.ca>

Eat Smart. Play Hard.

www.fns.usda.gov/eatsmartplayhard

Food and Nutrition Service/USDA Team Nutrition

www.teamnutrition.usda.gov

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

www.aahperd.org

American Council on Exercise

www.acefitness.com

California Adolescent Nutrition and Fitness Program

www.canfit.org

Centers for Disease Control and Prevention

Division of Nutrition and Physical Activity

www.cdc.gov/nccdphp/dnpa/

National Association for Health and Fitness

www.physicalfitness.org

Society for Nutrition Education (SNE)

www.sne.org

Healthy People 2010

www.healthypeople.gov

Body and Mind

www.bam.gov

New York Times Learning Network

www.nytimes.com/learning

Girls Health

www.girlshealth.gov

Healthy Eating and Active Living

www.kidnetic.com

National Bone Health Campaign – Powerful Bones. Powerful Girls.

www.cdc.gov/nccdphp/dnpa/bonehealth/

Australian Sports Commission

www.ausport.gov.au

American Dietetic Association

<http://www.eatright.org>

Sports Nutrition Newsletter

<http://www.stockton.edu/ospreys/Nutrition/03/Pregame11-03.htm>

Nancy Clark, Sports Nutrition Tidbits

http://www.active.com/story.cfm?story_id=12900

Sports Nutrition for Young Athletes; Eating Before & Between Events

<http://www.aces.edu/pubs/docs/H/HE-0750/>

Protein Requirements

<http://www.rice.edu/~jenky/caryn/protein.html>

Sources of Energy for Exercise

<http://www.medicdirectsport.com/sportsnutrition/default.asp?step=4&pid=89>

Hydration

<http://www.aces.edu/pubs/docs/H/HE-0749/HE-0749.pdf>

Alabama Cooperative Extension Services

<http://www.aces.edu/pubs/>

some good information on hydration, protein, eating before an athletic event, and carbohydrates

Runner's World

www.runner'sworld.com

The Center for Nutrition in Sport and Human Performance, U Mass

<http://www.umass.edu/cnshp>

Colorado State University Cooperative Extension

<http://www.ext.colostate.edu>

Harvard School of Public Health

<http://www.hsph.harvard.edu/nutritionsource>

in upper right hand corner, type in what you are searching for

Iowa State University Extension Sport Nutrition, Eat to Compete

<http://www.extension.iastate.edu/nutrition/sport/index.html>

good information on protein, carbohydrates and supplements

Oracle ThinkQuest Education Foundation Inc

<http://library.thinkquest.org>

The Partnership for a Drug-Free America

<http://www.drugfree.org>

click on left side, drugs by name

Iowa Substance Abuse Information Center

<http://www.drugfreeinfo.org>

information for youth, this site provides many good links to other youth websites.

<http://www.Freevibe.com>

select information on drug facts, also, click on Step-Up if you are interested on how to help a friend with a drug problem

<http://www.girlpower.gov>

Information for girls ages 9-13, type in alcohol, marijuana or tobacco

<http://www.theantidrug.com>

Click on drug information and then the specific drug

Health.com

www.health.com