



How to use the Community Resource Guide Template

Developed by the *Active for Life*TM National Program Office

This template has been developed by the *Active for Life*TM National Program Office to assist with the development of physical activity resource guides for local communities.

This template is organized to outline area resources in a variety of activities and sports that include:

- A little about physical activity
- A safe beginning
- Exercise safely and wisely
- Know the signs of heart attack and cardiac arrest
- Aerobics
- Bicycling
- Bowling
- Court sports
- Dance
- Fencing
- General exercise classes
- Golf
- Skating
- Soccer
- Softball
- Strength training
- Swimming, aqua aerobics and water sports
- T'ai chi and martial arts
- Tennis
- Walking, running and hiking
- Winter outdoor activities

- Yoga
- How to start a walking club
- Resources

These venues are listed in alphabetical order and are a suggested manner of organizing information. A community guide may be developed with fewer (or more) sections. You may also decide to organize or group things differently. Local resources will dictate how extensive your guide is. Once you determine which sections you want to include in your guide you can insert local information, then insert the appropriate page number for that section in the index. The index uses a simple "table" format.

The "Resources" section lists selected national resources. Feel free to also include local resources in your community if you wish.

You can insert your organization(s) names and logos on the front cover (or first page) of the guide. Addresses, phone numbers and Web sites can be included on the second page or on the last page.

This template is developed in Microsoft Word. You may adapt this guide to another system if that will facilitate their ease in use.

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Community Resource Guide

Name of your community(ies) inserted here

A directory of programs, services, activities, and other physical activity resources for people of all ages.

<p>Insert local name and logo here.</p>			
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Be Healthy -- Be Strong Be Active for Life!

This guide has been developed to help you be Active for Life. It lists programs, services, activities, organizations and other physical activity resources for people age 50 and older in the [\(INSERT YOUR COMMUNITY\(IES\) NAME\(S\) HERE\)](#).

About 80 million Americans will turn 50 over the next decade. Despite growing evidence that regular physical activity can help you stay healthy and live longer, the 50-plus population is becoming less, rather than more, active.

Sections of this guide are copy written (2000) by The Robert Wood Johnson Foundation, under license to AARP. These include:

- A Safe Beginning
- How to form a walking club



The Robert Wood Johnson Foundation, based in Princeton, N.J., is the nation's largest philanthropy devoted exclusively to health and health care. It concentrates its grant making in four goal areas: to assure that all Americans have access to basic health care at reasonable cost; to improve care and support for people with chronic health conditions; to promote healthy communities and lifestyles; and to reduce the personal, social and economic harm caused by substance abuse -- tobacco, alcohol, and illicit drugs.

The Texas A&M University System Health Science Center, School of Rural Public Health in College Station, TX is the first school of public health to focus on the often-unique health issues and needs of rural populations. The mission of the School of Rural Public Health is to improve the health of communities with emphasis on rural and underserved populations, through education, research, service, outreach and creative partnerships.

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A little about physical activity

From *Exercise: A Guide from the National Institute on Aging*

Most people know that exercise is good for them. Somehow, though, older adults have been left out of the picture -- until recently. Today a new picture is emerging from research: Midlife and older people of different physical conditions have much to gain from exercise and from staying physically active. They also have much to lose if they become physically *inactive*.

Exercise isn't just for older adults in the younger age range, who live independently and are able to go on brisk jogs, although this book is for them, too. Researchers have found that exercise and physical activity also can improve the health of people who are 90 or older, who are frail, or who have the diseases that seem to accompany aging. Staying physically active and exercising regularly can help prevent or delay some diseases and disabilities as people grow older. In some cases, it can improve health for older people who already have diseases and disabilities, if it's done on a long-term, regular basis.

What kinds of activities improve health and ability?

Four types of exercises help older adults gain health benefits:

Endurance exercises increase your breathing and heart rate. They improve the health of your heart, lungs, and circulatory system. Having more endurance not only helps keep you healthier; it can also improve your stamina for the tasks you need to do to live and do things on your own -- climbing stairs and grocery shopping, for example. Endurance exercises also may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease, stroke, and others, and reduce overall death and hospitalization rates.

Strength exercises build your muscles, but they do more than just make you stronger. They give you more strength to do things on your own. Even very small increases in muscle can make a big difference in ability, especially for frail people. Strength exercises also increase your metabolism, helping to keep your weight and blood sugar in check. That's important because obesity and diabetes are major health problems for older adults. Studies suggest that strength exercises also may help prevent osteoporosis.

Balance exercises help prevent a common problem in older adults: falls. Falling is a major cause of broken hips and other injuries that often lead to disability and loss of independence. Some balance exercises build up your leg muscles; others require you to do simple activities like briefly standing on one leg.

Flexibility exercises help keep your body limber by stretching your muscles and the tissues that hold your body's structures in place. Physical therapists and other health professionals recommend certain stretching exercises to help patients recover from injuries and to prevent injuries from happening in the first place. Flexibility also may play a part in preventing falls.

A safe beginning

"Exercising at a moderate intensity is safe for most people," according to the authors of *Active Living Every Day* (©2001, Blair, Dunn, Marcus, Carpenter and Jaret). Moderate-intensity activity would be like walking one mile in 15 to 20 minutes. Research shows that you should do at least 30 minutes of moderate intensity activity at least five days each week to improve your health.

Moderate physical activity is safe for most people. But if you have a preexisting condition, such as heart disease or diabetes, you should check with your doctor before starting an exercise program.

The following questions can help you determine if you should see your doctor.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest during physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or a heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, talk with your doctor before becoming more physically active.

If you answered NO to all questions, then you can be reasonably sure that you can safely start a gradually increasing exercise program.

If you are currently not feeling well because of a temporary illness such as a cold or fever, delay the start of your exercise program until you feel better.

If you would like to exercise at a vigorous level*, check with your doctor first if you:

- Are a man 45 or older or a woman 55 or older.
- Have heart or blood vessel disease, lung disease, asthma, thyroid disorders, or kidney disease.
- Have two or more of the following risk factors:

Family history of heart disease	High cholesterol
Currently smoke cigarettes	High blood pressure
30 pounds or more overweight	Diabetes
Not physically active.	

*Vigorous activity is defined as rhythmic, repetitive activity; it uses large muscle groups at 70% or more of maximum heart rate (220 beats/minute minus age) for cardio respiratory conditioning. Examples include jogging/running, lap swimming, sports cycling, aerobic dancing, skating, rowing, jumping rope, cross-country skiing, hiking/backpacking, racquet sports, and competitive group sports.

Exercise safely and wisely

The American College of Sports Medicine (ACSM) offers some great tips to help you exercise safely and get the greatest health benefits from your physical activity program. These, and other great ideas are in the *ACSM Fitness Book, Second Edition* (© 1992 and 1998, published by Human Kinetics.)

1. Drink plenty of water: Drink a cup of water before you exercise and another after. Carry a water bottle with you during exercise and drink about a cup of water every 15-20 minutes.
2. Increase the carbohydrates (carbs), fruits and vegetables you eat: Foods like whole grain bread, pasta, rice, corn and potatoes are high in carbs. Carbs, in addition to fruits and vegetables, are low in fat. Carbs are also a major fuel source for exercise. And as you sweat, you lose minerals, which fruits and vegetables can replace.
3. No need for extra vitamins: A well-balanced diet provides all the nutrients a healthy active person needs. Be sure you are eating a variety of fruits and vegetables (at least five a day), protein (lean meats, fish or poultry), low fat dairy products, and carbohydrates. Fruits and vegetables as well as whole grains are also an excellent source of fiber for your diet.
4. Follow your doctor's advice: If you are under a doctor's care talk with him or her about your physical activity goals and what you would like to do.
5. What about those aches and pains? It is normal to feel a bit stiff or sore a day or two after beginning a physical activity program. These aches and pains will go away, especially as you continue your program. However, if you feel severe pain or pressure, especially in your chest or upper body, let someone know immediately. And see your doctor right away.
6. When you're not feeling well: Your body needs resources to get better. When you are sick take care of yourself and take a few days off from your physical activity program. But when you feel better start your program again right away.
7. Dealing with bad weather: If the weather outside is bad, look for ways to be active indoors. Mall walking, going to a community recreation center or school, or even using the stairs in your home can give you some indoor options.

What about arthritis?

If you have arthritis, the National Institute on Aging notes that, along with taking the right medicines, exercise is key to managing arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, reduces pain, and strengthens muscles around the joints. Rest also is important for joints affected by arthritis.

Three types of exercise are best for people with arthritis:

Range-of-motion exercises (for example, dancing) help keep normal joint movement and relieve stiffness. This type of exercise also helps you stay flexible.

Strengthening exercises (for example, weight training) help keep or increase muscle strength. Strong muscles can help support and protect joints affected by arthritis.

Aerobic or endurance exercises (for example, bicycle riding) improve cardiovascular fitness, help control weight, and improve overall function. Some studies show that aerobic exercise also may reduce swelling in some joints.



Know the signs of heart attack and cardiac arrest

Some heart attacks are sudden and intense where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

Other signs: These can include a cold sweat, nausea or lightheadedness.

Cardiac arrest strikes immediately and without warning. Here are the signs.

- **Sudden loss of responsiveness.** No response to gentle shaking.
- **No normal breathing.** The victim does not take a normal breath when you check for several seconds.
- **No signs of circulation.** No movement or coughing.

If cardiac arrest occurs, call 9-1-1 and begin CPR immediately. If an automated external defibrillator (AED) is available and someone trained to use it is nearby, involve him or her. If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than five) before calling for help. Call 9-1-1. Get to a hospital right away.

Places you can be active

There are many places in the community you can go to be physically active. Check the telephone book, Internet, and community papers for the following:

Churches and Places of Worship: Many churches and places of worship offer physical activity programs and some have gyms or recreation centers that are available to members. Call to get more information.

Community Colleges: Sign up for a physical activity class such as dance, t'ai chi, aerobics, strength training, or yoga. Also many community colleges have campuses that are pleasant places to enjoy a brisk walk.

Community Recreation Centers: Sign up for a physical activity class. Ask about classes designed especially for adults 50+.

Community Swimming Pools: Go for a swim. Ask about classes and programs for midlife and older adults. These might include aquatics programs, water aerobics and master's swim programs. If you have always wanted to learn to swim it's not too late! Ask about lessons for adults!

Gyms/YMCAs: Try a class or exercise equipment. See the "Selecting A Health Club" at www.activeforlife.info.

Parks: Take a brisk walk, jog, hike, ride your bicycle, play tennis, or join a recreational sports league such as softball.

Schools: Many allow residents to use the track during after school hours for walking and jogging. Some schools offer evening adult education programs that include physical activities such as dance, step aerobics, yoga and t'ai chi. Some schools open their gyms to the community during after school hours.

Senior Centers: Many senior centers and area offices on aging offer physical activity programs such as "sit and stretch" and "chair aerobics" as well as dance, yoga, t'ai chi, and other movement programs.

Shopping Malls: A great and safe place for brisk walking. Many malls are open early for walkers. Contact mall offices for more information.

Trails: Go for a bike ride, a hike or a walk. Information on area trails is available from your community parks and recreation department, state and national parks in your area, the Sierra Club, local hiking and walking clubs, and local bicycle clubs.

Activities **Aerobics**

A number of organizations and small businesses provide classes and instruction for those interested in aerobic classes, jazzercise, and step aerobic classes.

LIST LOCAL CLASSES AND PROGRAMS INCLUDING THE NAME AND PHONE NUMBER. IT IS RECOMMENDED THAT YOU NOT INCLUDE DATES AND TIMES OF THE CLASSES AS THESE ARE SUBJECT TO CHANGE FREQUENTLY AND THUS CAUSE YOUR GUIDE TO BECOME OUTDATED QUICKLY.

Activities **Bicycling**

Bicycling is a terrific form of activity and can be enjoyed alone or with a group. Be sure to wear a bicycle helmet and have your bicycle correctly fitted to your height. Any local bicycle shop will be glad to help you with this.

LIST LOCAL BICYCLE ACTIVITIES, PROGRAMS OR EVENTS INCLUDING THE NAME AND PHONE NUMBER OF THE CONTACT ORGANIZATION.

Activities **Bowling**

Bowling can help strengthen the arms and upper body as well as provide a wonderful social outlet for people who otherwise might not get out to exercise.

LIST LOCAL BOWLING ASSOCIATIONS AND AREA BOWLING CENTERS.

Activities **Court sports**

Basketball, volleyball, racquetball, badminton, and handball usually require a high level of energy, but still draw the interest of people age 50 and older. Volleyball, for example, with its long history in church and camp programs, is growing in popularity. Several private health clubs as well as community centers provide courts, leagues and pick-up games in a variety of court sports.

LIST LOCAL ACTIVITIES AND PROGRAMS. INCLUDE LOCATION AND PHONE NUMBERS.

Activities **Dance**

Dance can be an ideal way to participate in physical activity. It can be a high energy and fun way to incorporate physical activity into your life.

INSERT INFORMATION ABOUT SPECIAL DANCE PROGRAMS, LESSONS AND CLASSES. PROVIDE PROGRAM NAMES AND PHONE NUMBERS.

Activities **Fencing**

Fencing helps with poise, grace, agility and endurance.

INSERT INVORMATION ABOUT LOCAL CLASSES.

Activities

General exercise classes

A number of organizations and small businesses provide classes and equipment for those interested in exercise, strengthening and increasing flexibility.

INSERT INFORMATION ABOUT PROGRAMS IN YOUR COMMUNITY FOR PEOPLE AGE 50 AND OLDER.

Activities

Golf

In addition to taking in fresh air and beautiful views, golfers reap added physical benefits by walking the course.

LIST LOCAL GOLF CENTERS. INCLUDE LOCATION, PHONE NUMBER, NUMBER OF HOLES, PAR, AND IF T-TIME RESERVATIONS ARE REQUIRED.

Activities

Skating

Whether on ice, asphalt or a wooden rink, skaters can practice balance, grace, and sportsmanship, as well as get a good workout.

INSERT LISTINGS OF LOCAL SKATING RINKS, AND SKATING CLUBS.

Activities **Soccer**

For people interested in a team sport, soccer provides high-energy exercise that builds endurance and strength.

INSERT INFORMATION ABOUT LOCAL SOCCER PROGRAMS AND CLUBS. CHECK TO SEE IF THERE ARE ANY PROGRAMS SPECIFICALLY FOR 50+ PLAYERS.

Activities **Softball**

Softball won't give you the vigorous workout that soccer does, but it's a social team sport to get you moving and having fun.

INSERT INFORMATION ABOUT LOCAL LEAGUE PLAY PROGRAMS. CHECK WITH YOUR PARKS AND RECREATIONS DEPARTMENT AS WELL AS YOUR AREA AMATEUR SOFTBALL ASSOCIATION TO SEE IF THERE ARE PROGRAMS SPECIFICALLY FOR 50+.

Activities **Strength training**

A number of organizations and small businesses provide classes and equipment for those interested in strength training.

INSERT INFORMATION ABOUT LOCAL PROGRAMS.

Activities

Swimming, aqua aerobics & water sports

Swimming, aqua aerobics and water sports can be done year round, and can be great for building muscle and endurance. These types of exercises are gentle on the joints, which makes them great exercise for people with physical limitations or certain chronic conditions such as arthritis.

LIST LOCAL SWIMMING CENTERS, POOLS AND CLUBS. CHECK WITH YOUR PARKS AND RECREATION DEPARTMENT AND LOCAL YMCA TO IDENTIFY PROGRAMS SPECIFICALLY FOR 50+.

Activities

T'ai chi and martial arts

Health and fitness experts have found that lowering stress and clearing the mind can be a good introduction to more active exercise. T'ai chi is practiced by people of all age groups, especially those over 50, and combines slow body movements as a way to relieve stress as well as to increase flexibility, strength and balance. Martial arts are not just for kids anymore. Those over 50 find that learning intricate moves and styles and adapting to the philosophy held in each of the martial arts schools provide for a healthier, more active, more focused life.

LIST LOCAL CLASSES. THERE MAY BE A NUMBER OF SPECIAL PROGRAMS FOR ADULTS AGE 50 AND OLDER.

Activities

Tennis

Indoor and outdoor facilities, and league play in singles and doubles, offer variety in this activity. Tennis is a "life sport" allowing individuals of all ages a chance to play and participate.

LIST LOCAL CLUBS AND INFORMATION ABOUT CITY AND SCHOOL COURTS OPEN TO THE PUBLIC.

Activities

Walking, running and hiking

Walking and running are great physical activities. All you need are a good pair of shoes and a good place to go. Hiking is a great way to get outdoors, get some exercise, and drink in some of nature's best spots in your area.

INSERT INFORMATION ABOUT LOCAL WALKING, RUNNING AND HIKING CLUBS AS WELL AS INFORMATION ABOUT WALKING TOURS AND REGULAR GROUP HIKING OUTINGS.

Activities

Winter outdoor activities

While many choose to be active indoor during the winter months, there are many outdoor activities that provide an excellent physical workout. These include downhill skiing, cross-country skiing, and snowshoeing.

INSERT INFORMATION ABOUT AREA PROGRAMS AND OUTDOOR SPORTS CENTERS.

Activities

Yoga

Health practitioners have found that yoga can improve physical and mental health, leading to improved breathing, posture, movement and endurance.

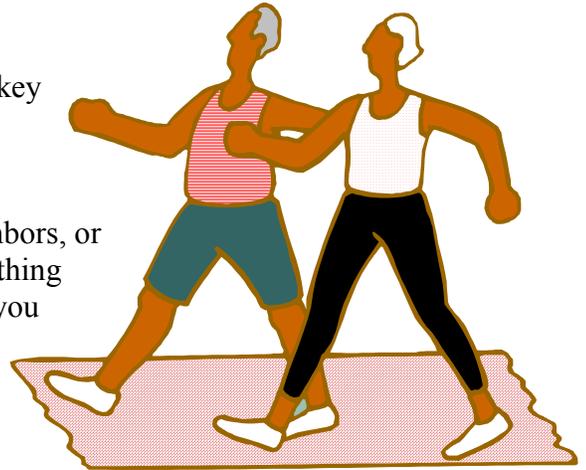
INCLUDE INFORMATION ABOUT PLACES WHERE PEOPLE CAN LEARN ABOUT, AND PRACTICE YOGA.

A guide from AARP: **How to start a walking club**

Congratulations! You have decided to form a walking club!

Your decision to start a walking club already shows you are committed to a walking program. Walking with others is a key way to help you stick with it. It is also a great way to make walking fun, alleviate boredom, and stay safe.

Your club might simply consist of a couple of friends, neighbors, or co-workers who meet regularly to walk, or it could be something more formal. It all depends on how much time and energy you have to plan and organize. However you decide to structure your club, remember that your primary goal is to get out and get walking.



Getting started

First you need to identify who might be interested in joining a walking club. When do you plan to walk? If it is before or after work you might want to call some friends who live in your community or neighborhood. If you're at work during the day, you might want to speak with co-workers who are active or interested in becoming active. Maybe you're home during the day and know others who would be able to walk with you are.

Consider how big you want the group to be. A smaller group -- between two and four people -- is easier to coordinate and walk with. With a somewhat larger group you are more likely to find a walking partner who is available when you are. If your club starts out small and just keeps growing, you can always break into smaller groups based on people's fitness levels and availability. However it is easiest to start out with members who are at similar fitness levels and whose schedules are compatible.

If you're having trouble recruiting potential club members, try posting a flyer on a public bulletin board. Your local library, YMCA, grocery store, or recreation center might have one available. Include a telephone number where new recruits can contact you or designate a public place and time for a planning meeting.

What are your goals?

Once you've identified your club's members, you need to set goals. How many miles do you want to walk each week and each time you meet? How many times a week will members commit to walking? Do you want to walk for an hour? A half-hour? Is one of your goals to lose weight? Do you want to train for a walk-a-thon?

What are the ground rules?

The club should have some basic rules that everyone can live with. For instance, will the club still meet if the weather is bad? Will there be a designated alternative meeting place, such as an indoor mall? Will a club member call other club members to let them know if he or she can't walk on a particular day? Do members want to limit walking times to daylight hours? Will you all agree to leave cell phones and "walkmen" at home?

Where will you walk?

Designate geographic boundaries for your walking routes. Are members willing to drive to a meeting place? How far? Are there certain parks or neighborhoods with scenic walking trails or sidewalks? Identify a number of different routes so that you can vary your walks. Maybe you want to include a walk with some hills. Try to avoid areas with lots of traffic, dangerous intersections, parking lots, or no sidewalks and paths.

On your way

Remember to keep things simple when you're just starting your club. Decide on your fitness goals, where and on what days you'll meet, and how long you'll walk.

You should aim for 30 minutes of physical activity on most days of the week. You can start out walking more slowly if 30 minutes seems like too much to do at first. Or, you can break your 30 minutes into two 15-minute walks, or even three 10-minute walks. This approach also allows you to accumulate your 30 minutes if you are pressed for time.

If club members become really enthusiastic as you progress, you might want to add more structure to your club. For instance, you can hold periodic meetings and plan to participate as a group in a community walking event. Meetings also can provide opportunities for club members to share personal successes -- such as meeting a weight-loss goal -- and information about walking and fitness, such as articles or Web sites.

To keep the club fun and interesting, you might decide to name the group and even print T-shirts or visors to wear during your walks. You could buy pedometers to track your steps and have a group celebration when club members meet a certain goal, such as completing a walking event or logging in a designated number of miles. You can make your walking club whatever you want it to be. In the process, you'll be having fun, making friends, and best of all, getting fit for life!

For more information on walking and to find out about non-competitive walking events, contact the American Volkspport Association at 1001 Pat Booker Road, Suite 101, Universal City, TX 78148, 210-659-2112. The toll-free information number is 1-800-WALK. You can reach the Web site at www.ava.org.

©AARP. AARP is a non-profit, non-partisan membership organization for people 50 and over. AARP provides information and resources; advocates on legislative, consumer, and legal issues; assists members to serve their communities; and offers a wide range of unique benefits, special products, and services for members.

Resources

Audio programs

The Healthy Heart Walking Tape

One-hour cassette from the American Heart Association (AHA), adapted from the *AHA's Healthy Walking Book*. Tape is divided into two walking workouts: a 30-minute beginner's walk and a 30-minute intermediate walk. IBD, P.O. Box 218, Paramus, NJ 07653. 1-800-223-2336



Seniorobics: The Fitness Guide for People 55+

Audiotape comes with an illustrated manual written for the home exerciser, as well as for fitness instructors for older adults. Focuses on building cardiovascular endurance but incorporates flexibility, strength, and balance work. FitWise Programs, Inc., P.O. Box 759, Jericho, NY 11753. (\$7.95 plus \$3.00 shipping and handling)

Print resources

The Activity Pyramid

Designed to motivate inconsistent adult exercisers. Park Nicollet HealthSource, 3800 Park Nicollet Blvd., Minneapolis, MN 55416. 1-800-372-7776 www.healthsource.org

Energize Yourself: Stay Physically Active

Provides examples of common activities adults can do to promote physical activity and includes easy to use record logs. Information targets middle to lower-aged African American adults who want to initiate a physical activity program. National Heart, Lung and Blood Institute (NHLBI) Information Center, P.O. Box 30105, Bethesda, MD 20824-0105, 301-592-8573.

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/energize.htm>

Exercise: Finding the Time

Aimed at adults with limited time who are interested in becoming more active. Illustrates how to incorporate common activities to increase movement into a busy, daily route. Journeyworks Publishing, P.O. Box 8466, Santa Cruz, CA 95061-8466. 1-800-775-1998.

Exercise! Ten Tips to Get You Started

Ten easy tips to help people start getting physically active. Journeyworks Publishing, P.O. Box 8466, Santa Cruz, CA 95061-8466. 1-800-775-1998.

Exercise Your Stress Away

Shows readers how exercise can help beat daily stress and stress-related health problems. Journeyworks Publishing, P.O. Box 8466, Santa Cruz, CA 95061-8466. 1-800-775-1998.

Fit Again

Targets people who have been regularly active in the past and want to become active again. Helps readers draw on past success and current motivation to reestablish a physically active lifestyle. ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. 1-800-321-4407. www.etr.org.

Fitness: What's In It for Me?

Promotes personal benefits of a physically active lifestyle. Includes self-assessments and addresses common barriers to becoming active. ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. 1-800-321-4407. www.etr.org.

Getting What You Want from Exercise

Explains what physical fitness is, the benefits of being physically active, and how to stay motivated in an exercise program. ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. 1-888-321-4407. www.etr.org.

Just Move

Offers tips for developing fun and sustainable physically active lifestyle for those looking to get active. Promotes simple daily activities and is appropriate for adults of all ages and ethnic backgrounds. American Heart Association. 1-800-AHA-USA1.

Staying Fit

Shows people who are physically active on a regular bases how to maintain long-term active lifestyle. Addresses strength-building and flexibility routines, healthy eating, and tips for maintaining a lifelong physical activity program. ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830. 1-800-321-4407. www.etr.org.

Stepping Out

Discusses health benefits of walking and how to be safe in different physical environments. Offers tips on how to make walking a habit you'll stick with. National Highway Traffic Safety Administration, 400 7th Street, SW, Washington, D.C. 20590. 202-366-4000.

Video Programs

Collage Video's Guide to Exercise Videos

Collage Video's *Complete Guide to Exercise Videos* actually has reviewers do the workouts before writing their reviews. Call (800) 433-6769 for a free catalog. In addition, log onto <http://www.videofitness.com> for reviews and online chats and bulletin boards about different videos on the market. Describes more than 300 videos and rates them according to level of difficulty and popularity. Specialty section includes videos especially appropriate for people age 50 and older. Walking, strength-training, and flexibility videos listed throughout the catalog also are suitable for exercise beginners and older viewers. Collage Video, 5390 Main Street, NE, Minneapolis, MN 55421-1128.

Exercise: A Video from the National Institute on Aging

Forty-eight minute video highlighting balance, stretching and strength training. Accompanied by an 80-page booklet, "Exercise: A Guide from the National Institute on Aging" which includes illustrations and written explanations of exercises to do at home. \$7 from NIAIC, Dept. W., P.O. Box 8057, Gaithersburg, MD 20898-8057.

Fitness Forever

Provides complete workout for older adults or adults of any age just beginning an exercise program. Includes warm-up, cool down, and aerobics and strength-training sections. Also includes exercises to improve flexibility and balance. Human Kinetics, P.O. Box 5076, Champaign, IL 61825-5076. 1-800-747-4457.

<http://www.humankinetics.com/products/showproduct.cfm?isbn=0990023931>

PACE (People with Arthritis Can Exercise) Level One

Includes sitting and standing exercises designed especially for people physically hindered by arthritis. Includes tips for better managing arthritis. Level-two program demonstrating exercises for increasing range of motion and building endurance also available. \$19.50 each from the Arthritis Foundation, P.O. Box 19000, Atlanta, GA 30326. 1-800-283-7800.

Web sites

AARP

www.aarp.org

Offers consumer information about health and active lifestyles with information tailored to the 50 plus population. AARP is a non-profit, non-partisan membership organization for people 50 and over. AARP provides information and resources; advocates on legislative, consumer, and legal issues; assists members to serve their communities; and offers a wide range of unique benefits, special products, and services for members.

American College of Sports Medicine

www.acsm.org

Offers consumer brochures, including *Fitting Fitness In, Even When You're Pressed for Time*; *Fit over 40*; and *Sprains, Strains and Tears*.

American Council on Exercise

www.acefitness.org

Find a certified fitness professional or health club in your area. Fact sheets and other tips and information also are available at this site.

American Diabetes Association

www.diabetes.org

Order books and pamphlets and find information on exercise and diabetes at this site.

American Heart Association

www.americanheart.org

Provides information on exercise to reduce disability and death from cardiovascular diseases and stroke. Find information about fitness programs, fundraising events, and publications.

American Volkspport Association

www.ava.org

Find information about non-competitive walking events, clubs, workshops, special programs, and publications including *American Wanderer Magazine*.

Arthritis Foundation

www.arthritis.org

Provides information on walking and other kinds of physical activity that you can do with arthritis.

Fifty-Plus Fitness Association

www.50plus.org

Find answers to questions about physical and mental health. Also lists information about upcoming fitness events for people 50+, and fitness books and videos to order online.

Just Move

www.justmove.org

Tap into a virtual fitness center from the American Heart Association, providing online tools to get in shape, includes an online exercise diary, fitness resources and fitness tips.

National Center on Physical Activity and Disability

www.nepad.org

Contains resources and information on physical activity and recreating for people with disabilities and their family and friends.

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/index.htm

The National Heart, Lung, and Blood Institute's Web site offers information on achieving healthy weight, including a calculator to help estimate your total body fat. You can download publications online on exercise, diet, and cardiovascular health or order them for a fee. Titles include "Stay Active And Feel Better," and "Energize Yourself: Stay Physically Active." (301-496-4000)

National Institute of Arthritis and Musculoskeletal and Skin Diseases

www.nih.gov/niams/healthinfo/

Free information on exercise and arthritis can be ordered online through the National Institute of Arthritis and Musculoskeletal and Skin Diseases Web site.

National Institute on Aging (NIA)

www.nih.gov/niams/healthinfo/

Two publications on exercise are on NIA's Web site: *Exercise: Feeling Fit for Life* and *Exercise: A Guide* from the National Institute on Aging, which includes a series of home-based exercises with illustrating and clear instructions.

National Osteoporosis Foundation

www.nof.org

Information on exercise and on preventing falls is located on the National Osteoporosis Foundation Web site. You also can request free copies of *The Role Of Exercise In the Prevention and Treatment of Osteoporosis and Guidelines For Self-Movement*. (202-223-2226)

President's Council on Physical Fitness and Sports

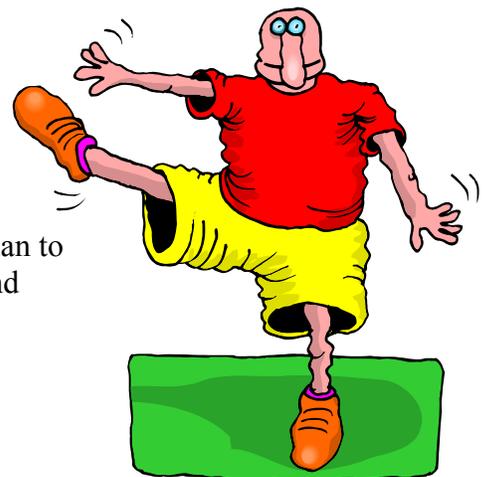
www.fitness.gov

Source of fact sheets and publications includes *The Nolan Ryan Fitness Guide* and *Fitness Fundamentals: Guidelines for Personal Exercise Programs*.

Shape Up America

www.shapeup.org

Read inspiring, real-life success stories or post your own at the Shape Up America! Support Center. You can also download a physical activity log to track your progress. A maintenance center helps you stay on track. Helps users of all ages assess their current fitness level online and design a complete personal improvement plan to increase physical activity, improve flexibility, and build strength and cardiovascular fitness.



**Include your local organization(s)
name(s), logo(s), address(es), phone
number(s) and Web site(s) here.**