



Colorado Department
of Public Health
and Environment



Additional Adult Obesity Resources

Healthy Diet

American Heart Association Dietary Recommendations:

<http://www.americanheart.org/presenter.jhtml?identifier=851>

American Diabetic Association Recommendations:

<http://www.diabetes.org/nutrition-and-recipes/nutrition/healthyfoodchoices.jsp>

The DASH Diet for Hypertension:

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/how_plan.html

Guided (Manual) Programs

America On the Move

<http://www.americaonthemove.org>

LEARN Manual:

<http://www.thelifestylecompany.com/wloss/wm10thed.asp>

Lifestyle Balance (Diabetes Prevention Program):

<http://www.bsc.gwu.edu/dpp/manuals.htmlvdoc>

Real Solutions (American Dietetic Association):

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop_1197_ENU_HTML.htm

Physical Activity

American College of Sports Medicine

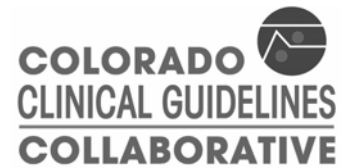
http://www.acsm.org/AM/Template.cfm?Section=ACSM_Fit_Society_Page

American Diabetes Association Exercise Recommendations

<http://www.diabetes.org/weightloss-and-exercise/exercise/overview.jsp>



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Physical Activity (continued)

American Heart Association Exercise and Fitness Recommendations

<http://www.heart.org/presenter.jhtml?identifier=1200013>

America On the Move

<http://www.americaonthemove.org>

Centers for Disease Control and Prevention Physical Activity Recommendations

<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm>

Spark People

<http://www.sparkpeople.com>

Books:

Blair, SN et al, Active Living Every Day: 20 Steps to Lifelong Vitality, Human Kinetics Publishers (2001).

American College of Sports Medicine: A proven step-by-step program from the experts, 3rd edition, Human Kinetics Publishers (2003).