



Web Resources

About Walking – <http://www.walking.about.com>

Active.com – <http://www.active.com>

America On the Move – <http://www.americaonthemove.org>

American College of Sports Medicine – <http://www.acsm.org>

American Council on Exercise – <http://www.acefitness.org>

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

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

Centers for Disease Control and Prevention StairWELL Worksite Intervention –
<http://www.cdc.gov/NCCDPHP/DNPA/stairwell/index.htm>

Colorado Governor's Council for Physical Fitness – <http://www.shapeupchallenge.org>

Colorado Physical Activity and Nutrition Program –
<http://www.cdph.state.co.us/pp/COPAN/COPAN.html>

Health District of Northern Larimer County – <http://www.healthdistrict.org>

Healthinfosource.com – <http://www.healthinfosource.com>

JustWalk.com – <http://www.justwalk.com>

Local Hikes – <http://www.localhikes.com>

PBS: America's Walking – <http://www.pbs.org/americaswalking/health>

The President's Council on Physical Fitness and Sports – <http://www.fitness.gov>

Prevention.com – <http://www.prevention.com>

Shape Up America – <http://www.shapeup.org>

The Walking Site – <http://www.thewalkingsite.com>

Walking.org – <http://www.walking.org>

Walking 101 – <http://www.walking101.com>

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