

## HANDOUT: RESOURCES ON NUTRITION AND FITNESS

### National PTA ([www.pta.org](http://www.pta.org))

Go to the Parent Resources tab on the home page, and click on the Health and Fitness area to access the following resources on nutrition and physical fitness:

- “Helping Families Make Wise Food Choices” by Kelly A. Hammer, the founder and owner of Hammer Nutrition, which provides education on nutrition and physical fitness. Hammer is the coauthor of the forthcoming book, *Brain Food: Feeding Children for Success in School*, available in January 2006
- “Type 2 Diabetes and Children: What Parents and PTAs Need to Know” by Joanne Gallivan, M.S., R.D., director of the National Diabetes Education Program at the National Institute of Diabetes & Digestive & Kidney Diseases of the National Institutes of Health in Bethesda, MD
- “The Decline of Physical Activity: Why Are So Many Kids Out of Shape?” by Ted Villaire, associate editor, National PTA
- “Making Physical Activity a Family Affair” by Ted Villaire, associate editor, National PTA

### Other Sources

- **Action for Healthy Kids ([www.actionforhealthykids.org](http://www.actionforhealthykids.org))**  
A nonprofit organization devoted to improving children’s nutrition and physical activity in order to improve their readiness to learn. Its website provides the option to look at health activities in any state in the nation. Check out the section titled “Reports, Initiatives, & Events” to access information on evaluating school nutrition and physical activity programs and their value to children’s learning.
- **Model School Wellness Policies Website ([www.schoolwellnesspolicies.org/](http://www.schoolwellnesspolicies.org/))**  
Provides information on the new federal requirement for schools to create model wellness policies. Parents interested in nutrition at school should look here and at National PTA’s website ([www.pta.org](http://www.pta.org)) to see how they can participate in the development of these policies.
- **National Agricultural Library and U.S. Department of Agriculture ([Nutrition.gov](http://Nutrition.gov))**  
This is the government’s website providing all of the federal agencies’ resources on food and nutrition including information on the new food pyramid, food safety, and the latest research on food and nutrition.
- **The President’s Council on Physical Fitness and Sports ([www.fitness.gov](http://www.fitness.gov))**  
This is a group of volunteer citizens who advise the President, through the U.S. Secretary of Health and Human Services, about physical activity, fitness, and sports in America. It administers the President’s Challenge, a nationwide program that rewards people of all ages (6 through 65+) for their daily physical activity and fitness.
- **American Alliance for Health, Physical Education, Recreation, & Dance ([www.aahperd.org](http://www.aahperd.org))**  
This is an alliance of six national associations and six district associations whose members are professionals in the areas of physical education, leisure, fitness, dance, health promotion, and all other specialties related to improving the health of Americans. The alliance offers information to the health consumer as well as the health professional. On its website click on the Publications section and access family friendly publications such as *99 Tips for Family Fitness Fun*.