

PHYSICAL ACTIVITY RESOURCES

PLEASE NOTE: This is not a comprehensive list. It will updated over time.

Academy of Nutrition and Dietetics

www.eatright.org

The Academy represents more than 100,000 credentialed practitioners... and is committed to improving the nation's health and advancing the profession of dietetics through research, education, and advocacy.

Fitness (Exercise; Sports and Performance; Training and Recovery).

<https://www.eatright.org/fitness>

American Cancer Society

Nutrition and Physical Activity Guidelines for Cancer Survivors

<http://onlinelibrary.wiley.co/doi/10.3322/caac.21146.pdf>

Physical Activity and the Cancer Patient Guide

<http://www.cancer.org/treatment/survivorshipduringandaftertreatment/stayingactive/physical-activity-and-the-cancer-patient>

American College of Sports Medicine: ACSM ProFinder: Search for Certified Professionals

<https://www.acsm.org/get-stay-certified/find-a-pro>

American Heart Association

<https://www.heart.org/en/healthy-living/fitness>

Fitness Basics; Getting Active; Staying Motivated; Walking; Infographics

Cancer Support Community Exercise for Wellness

<https://www.cancersupportcommunity.org/exercise-wellness>

Benefits of Exercise; ACE Your Workout; Maintaining Your Exercise Plan; Customize Your Workout.

Cancer Supportive and Survivorship Care: Exercise: A Cancer Survivor's Tool for Wellness

<http://cancersupportivecarecom/whyexercise.html>

PHYSICAL ACTIVITY RESOURCES

PLEASE NOTE: This is not a comprehensive list. It will updated over time.

Centers for Disease Control and Prevention (CDC) Division of Nutrition, Physical Activity, and Obesity (DNPAO)

<https://www.cdc.gov/nccdphp/dnpao/index.html>

“The CDC’s Division of Nutrition, Physical Activity and Obesity (DNPAO) protects the health of Americans at every stage of life by encouraging regular physical activity, good nutrition, and preventing adult and childhood obesity.”

Physical Activity for a Healthy Weight

https://www.cdc.gov/healthyweight/physical_activity/index.html

<https://www.cdc.gov/physicalactivity/>

Offers guidance Physical Activity for a Healthy Weight (Why is Physical Activity Important?; How Much Physical Activity do I Need?; What do Moderate and Vigorous Intensity Mean?; How Many Calories are Used in Typical Activities?).

Gyms and Fitness Clubs

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

Find a gym near you by searching via zip code or city and state. Compare Health Clubs; Get the Most From your Workout; Explore Personal Training and Circuit Training Options; Fitness Calculators; Fitness and Sports Articles.

LIVESTRONG at the YMCA

<http://www.livestrong.org/YMCA>

Medline Plus: How to Avoid Exercise Injuries

<https://medlineplus.gov/ency/patientinstructions/000859.htm>

What Causes Exercise Injuries?; Warm Up and Cool Down; To Stretch or Not to Stretch; Choose Your Exercise Wisely; Use the Right Equipment; Learn Good Form; Cross Train; Listen to Your Body; When to Call the Doctor; References.

National Comprehensive Cancer Network® NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®): Survivorship

https://www.nccn.org/professionals/physician_gls/pdf/survivorship.pdf

Healthy Lifestyles: Physical Activity; Nutrition and Weight Management; Supplement Use

PHYSICAL ACTIVITY RESOURCES

PLEASE NOTE: This is not a comprehensive list. It will updated over time.

National Institute of Health (NIH) National Center for Complementary and Integrative Health (NCCIH)

<https://nccih.nih.gov/>

<https://nccih.nih.gov/health/providers>

“Evidence-based resources such as research results and clinical practice guidelines, will help prepare you to discuss complementary health approaches with your patients.”

Oncology Nursing Society

Get Up, Get Moving Campaign

<https://www.ons.org/make-a-difference/quality-improvement/get-up-get-moving>

“Get Up, Get Moving is a national quality campaign developed by ONS member experts to encourage oncology nurses to implement an evidence-based change in practice and recommend physical activity to patients with cancer during cancer treatment. The aim of this national quality campaign is to provide the education and resources necessary to increase the frequency with which oncology nurses recommend individualized physical activity to patients with cancer.”

Resources

<https://www.ons.org/books/integrating-physical-activity-cancer-care-evidence-based-approach>

Silver Sneakers

<https://www.silversneakers.com>

Program that helps older adults live healthy, active lifestyles.

U.S. Department of Agriculture Choose MyPlate:

<https://www.choosemyplate.gov/resources/physical-activity>

https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet30BeActiveAdults_0.pdf

U.S. Department of Health and Human Services’ Move Your Way

<https://health.gov/moveyourway>

<https://health.gov/moveyourway/resources>

Move Your Way is a physical activity campaign from the U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans.

PHYSICAL ACTIVITY RESOURCES

PLEASE NOTE: This is not a comprehensive list. It will updated over time.

Workout Buddies

<https://workoutbuddies.com/>

App that helps you find buddies in your area with the same fitness interests.