



Exercise Resources

Listed below are a number of websites about nutrition and exercise that you might find important. These websites may be accessed directly through the New Mexico Health Care Takes On Diabetes website* at www.nmtod.com.

Local Library for Videos or Books:

- ❖ Strong Women Stay Young, by Miriam Nelson, M.D. Practical at home resistance exercise book for women new to the concept. Simple, do-able, and sound.

Nutrition Websites:

- ❖ www.5aday.gov
- ❖ www.usda.gov/cnpp
- ❖ www.healthychoices.org

Fitness Websites:

- ❖ www.shapeup.org
- ❖ www.justmove.org
- ❖ www.kidshealth.org
- ❖ www.smallstep.gov
- ❖ American Council on Exercise acefitness.org
- ❖ America on the Move www.americaonthemove.org/pdf/StepCtrInstructions.Pdf
- ❖ Barriers to Being Active Quiz: www.cdc.gov/nccdphp/dnpa/physical/life/barriers_quiz.pdf
- ❖ www.familydoctor.org
- ❖ Athletic shoe fitting and buying tips: www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=13

**Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes (NMHCTOD). They are listed for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.*

**P.O. Box 3548
Albuquerque, NM 87190
(866) 796-9121
(505) 796-9121**