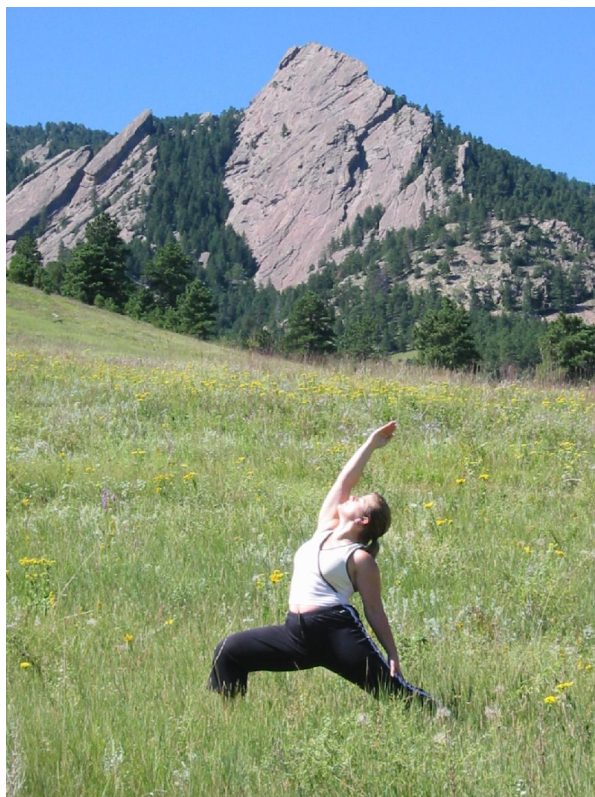


Welcome to CHOICE: Tools, Tips, and Updates Page



(Community Health Outreach Increases Community based Exercise)

Dedicated to training and supporting the Community Health Worker as
Fitness Coach



Great Web sites

www.acefitness.org - fitness tips and training information

www.eatingwell.com

www.thepedometercompany.com -

pedometers, Challenge Charts: there is a cost for supplies, but they do have sales

www.idealife.com - fitness tips for and from fitness pros

In State Training Opportunities:

AFAA group Fitness Certification and Practical Pilates Workshop

Santé Studio in Santa Fe

April 18 & 19, 2009

AFAA Mat Science 1 & 2 in Albuquerque

April 4 & 5, 2009

For details call (1-877-968-7263)

Fitness Tips

- *Want to find client fitness levels?* Check out the Adult Fitness Test from the President's Council on Physical Fitness and Sports, at www.adultfitnessstest.org
- *No time to work out?* Standing burns more calories than sitting, pacing burns more calories than standing. Stand and walk while on the phone, preparing dinner, or helping kids with homework. It doesn't replace that 30 minute walk, but it definitely contributes to the "fat burn".
- Set your goal, then stick to it! Did you know that if you want to achieve a goal (adhering to an exercise program, getting a promotion at work, eating a healthier diet), you should TELL A FRIEND? People who share their goals with friends are 10 times more likely to achieve them. Start setting and start telling a friend!

Nutrition Tips and Resources:

Check out this website: www.thenutritionsource.org. (Department of Nutrition, Harvard School of Public Health). It is free and loaded with tips for family and kids. It has an excellent tool called "The Healthy Eating Pyramid" which makes basic healthy eating practices simple.

Calling all photographers!

Submit digital photos of your latest Fitness Event to Sue Perry at drsuep@comcast.net and we may include it on a future CHOICE page!

Make sure you have permission from those you have photographed.



Ciclovia event in Las Cruces/Dona Ana County submitted by Raginee Mendoza