

## Links To Additional Health Info

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Thursday, 04 January 2007

On the heels of posting my Day 2 Wii workout with the information about the pedometer and the organization behind it, I was forwarded the following information which I thought might be of interest. All of these links have to do with Health and Fitness:

Alliance for Healthier Generation - <http://www.healthiergeneration.org> The American Heart Association and the William J. Clinton Foundation have joined together to form the Alliance for a Healthier Generation, to combat the spread of childhood obesity and the serious diseases associated with it such as heart disease and diabetes.

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

Kids Health - <http://kidshealth.org> KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media

National Heart, Lung and Blood Institute- <http://www.nhlbi.nih.gov/> NHLBI provides leadership for a national program in diseases of the heart, blood vessels, lung, and blood; blood resources; and sleep disorders.

BMI Calculator - <http://www.nhlbisupport.com/bmi/>

Aim for a Healthy Weight - [http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)