

OTSEGO COUNTY
PHYSICAL ACTIVITY AND HEALTHY EATING
RESOURCES DIRECTORY

| | | | |
|-------|-------|--------|------|
| pedal | throw | Kick | Ski |
| Dance | Run | Rake | Golf |
| Swim | Jump | ride | Bat |
| Sweep | skate | Paddle | Walk |



TABLE OF CONTENTS

| | |
|--|----|
| 1. INTRODUCTION | 3 |
| 2. A GUIDE TO PHYSICAL ACTIVITY & HEALTHY EATING | 5 |
| a. General Recommendations | 5 |
| b. Indoor Physical Activities | 8 |
| c. Outdoor Physical Activities | 11 |
| d. Healthy Eating Resources | 14 |
| e. Special Events | 14 |
| 3. PHYSICAL ACTIVITY & HEALTHY EATING WEBSITES | 16 |
| 4. RESOURCE DIRECTORY COMMENT FORM | 18 |



1. INTRODUCTION

Obesity among children and adults is increasing both nationally and locally. According to self-reported body mass index (BMI) measures reported in the 2003 Otsego County Youth Risk Behavior Survey, approximately 21% of middle school females and 34% of middle school males are at-risk for becoming overweight or obese. Additionally, 67% of adult males and 49% of adult females are overweight or obese based on their self-reported BMI measures as detailed in the 1999 Otsego County Health Census.

Body mass index (BMI) is a number that estimates a person's level of body fat. BMI is calculated using a person's height and weight. $[BMI = \{(weight\ in\ pounds) \div (height\ in\ inches^2)\} \times 703]$. The following table illustrates what the BMI number means in terms of adult weight status.

| BMI | Weight Status |
|----------------|---------------|
| Below 18.5 | Underweight |
| 18.5 - 24.9 | Normal |
| 25.0 - 29.9 | Overweight |
| 30.0 and Above | Obese |

For children, the BMI number is compared with those of other young people to determine whether a child is underweight, average weight, at risk for becoming overweight, or overweight.

The price of obesity includes physical and emotional costs for the individual as well as economic consequences for society. Approximately 400,000 deaths each year result from the two main causes of obesity, physical inactivity and unhealthy eating. People who are overweight have a greater chance of developing cardiovascular disease, high blood pressure, type two diabetes, cancer of the colon, kidney, or breast, arthritis, gallstones, sleep apnea, and asthma as an adult. The risks are not just limited to adults, however, as overweight children and adolescents are also more likely to develop diabetes, hypertension, and joint problems as young people. The emotional toll for adolescents is particularly great as the stigma of being overweight may result in lower self-esteem and increased feelings of anxiety and depression.

The estimated annual financial cost of obesity and overweight in the United States ranges from \$95 to \$117 billion and this figure will continue to increase if people are not able to effectively manage their weight. New York pays among the highest obesity-related state medical bills, according to a study published earlier this year in the journal *Obesity Research*.

Individuals who maintain an appropriate weight through physical activity and healthy eating gain numerous physical and emotional benefits. These gains include reduced risks of heart disease, high blood pressure, diabetes, osteoporosis, colon cancer, as well as increased feelings of self-esteem, self-efficacy, and well-being. By reducing healthcare costs associated with obesity, we can devote more resources to treating and preventing other diseases. Finally, the environment also benefits when people participate in physical activities such as walking, bicycling, or gardening.

Benefits of Physical Activity

| | | | |
|-----------------------------|--------------------------------------|---------------------------------------|----------------------------------|
| Relieve Stress | Maintain Healthy Weight | Boost Self-Image | Lower Cholesterol |
| Strengthen Muscles | Decrease Risk of Cancer | Decrease Insomnia | Control Appetite |
| Lower Blood Pressure | Prevent Osteoporosis | Increase Flexibility | Decrease Risk of Diabetes |
| Boost Immune System | Reduce Depression and Anxiety | Decrease Risk of Heart Disease | Stimulates Mind |

The purpose of this Physical Activity and Healthy Eating Resource Guide is to help Otsego County residents and visitors discover some of the many resources that are available in the community. We hope you find the information practical and useful as you seek new ways to improve and maintain good health. Since this guide is new, your input is very important in improving future editions. We ask you to make suggestions for additional resources or any other ideas on the comment form at the back of this guide and return it to the address listed.

Thank you.

Anne Gadomski, MD, MPH

Brit Doty, BSN, MPH

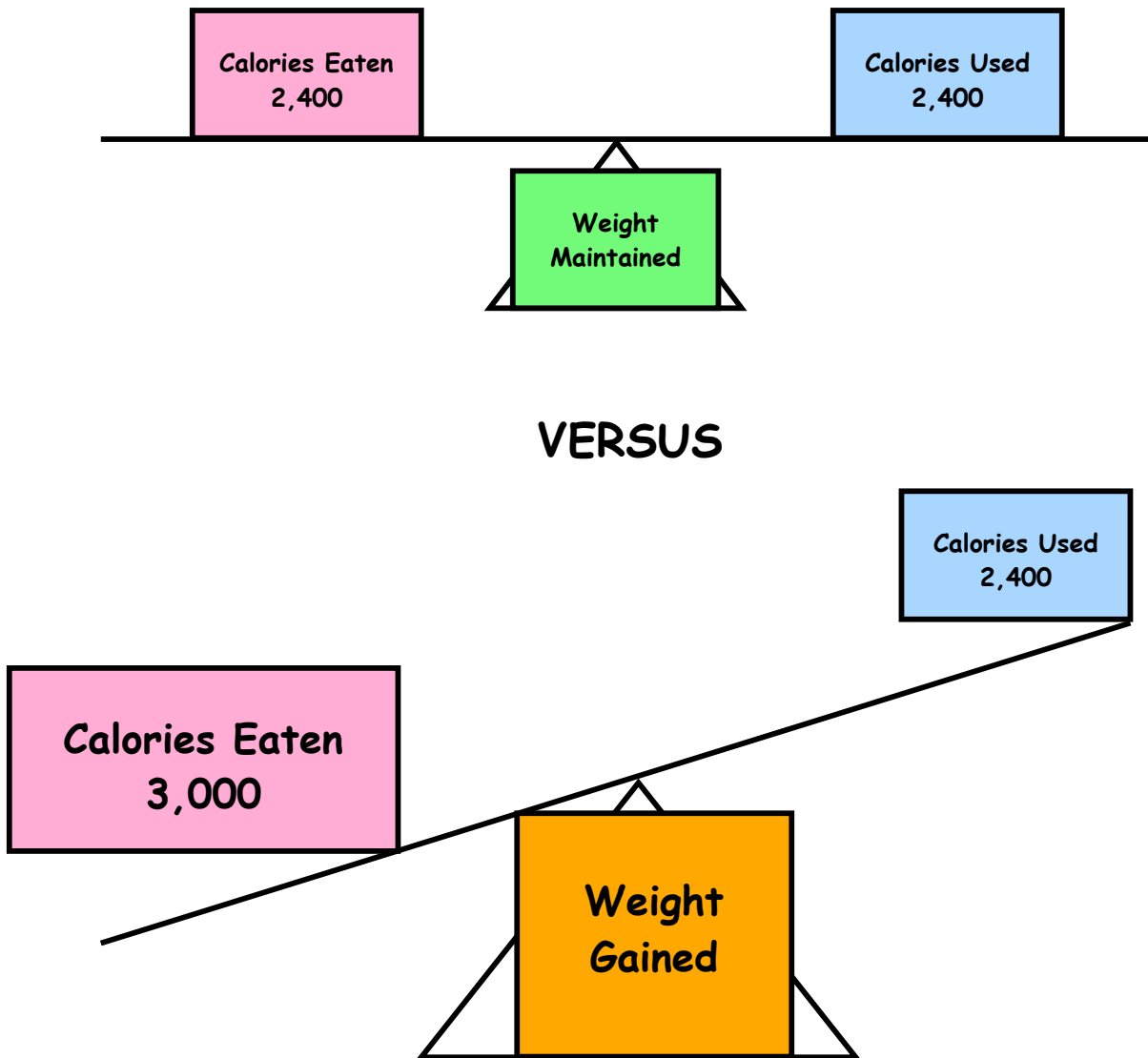
May 7, 2004

2. A GUIDE TO PHYSICAL ACTIVITY & HEALTHY EATING

A. GENERAL RECOMMENDATIONS

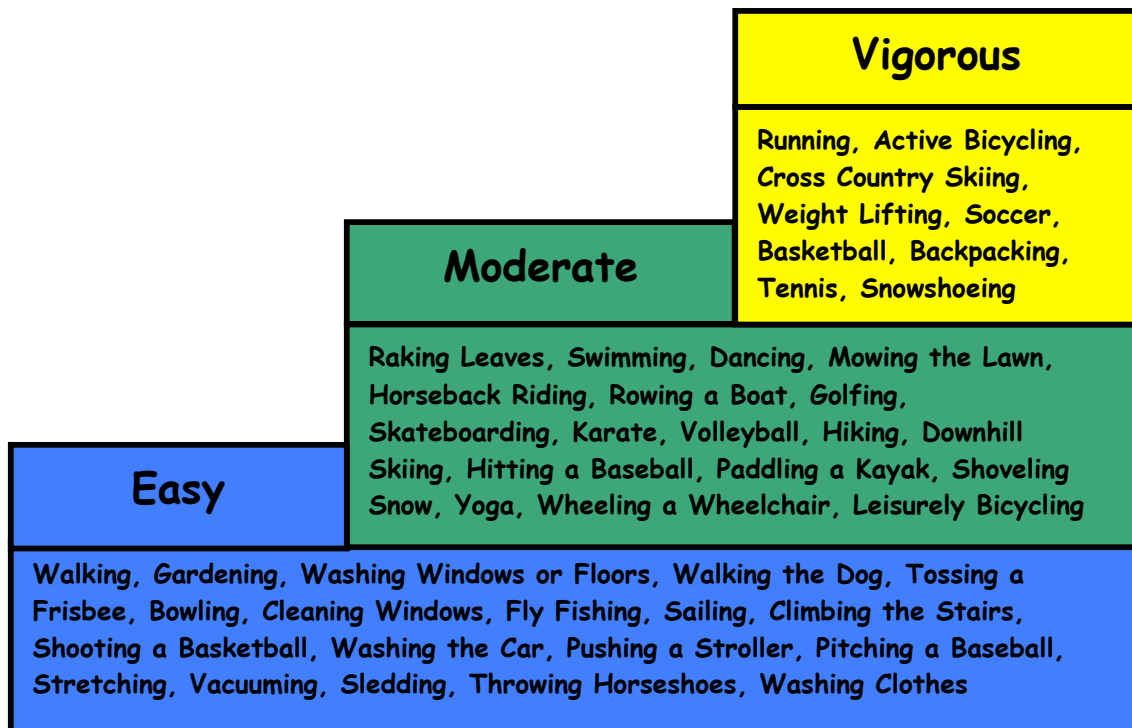
There is no magic bullet to maintaining a healthy weight. Research shows that in most cases, a person maintains their weight by balancing the number of calories they eat with the number that they use.

$$\text{Body Weight} = \text{Energy (calories) IN} - \text{Energy (calories) OUT}$$



Eating or not eating particular types of foods seems to make little difference in terms of losing or maintaining body weight. Try to mainly eat items that contain lower amounts of saturated fat and refined sugar such as broccoli, wheat bread, and olive oil instead of french fries, croissants, and shortening.

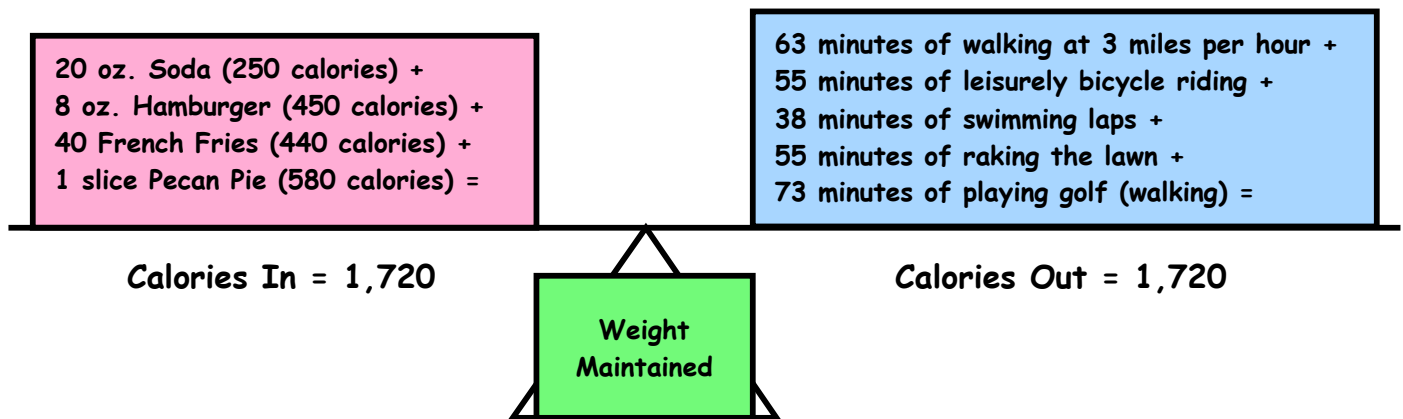
When trying to lose weight, many people focus their attention on the intake side of this scale. While it is important to pay attention to which types of foods we eat and how much of them we eat, it is equally important to look at the other side of the scale. Many people get little or no exercise on most days, yet this is an easy way to help balance the scale. By making small lifestyle changes, eating just a few less calories and using a few more calories on a daily basis, many people can maintain a healthier weight over time.



- Physical Activity Steps**
- ✓ Aim for at least 60 minutes of overall physical activity every day.
 - ✓ Try to engage in moderate intensity physical activities for at least 30 minutes on five or more days of the week.
 - ✓ You will gain even more health benefits from participating in vigorous intensity physical activities for at least 20 minutes on three or more days of the week.

For example, a 180-pound man uses approximately 1,750 calories per day to simply exist (breathe, pump blood, etc.). In addition, everyone uses some calories in their daily activities. For a moderately active 180-pound man, this could add another 800 calories to his daily total. He would need to balance his calorie intake with an equal amount of calories used through metabolism, daily activities, and exercise in order to maintain his weight. If this man wanted to lose weight, he would need to take in fewer calories and/or use more calories throughout the day. For more personalized information visit the following website: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.

Here is a look at how this person could manage his daily energy (calorie) intake and output. If he were to eat the following lunch, he could participate in these activities to use the calories that he took in.



*Moderate physical activities use about 3.5 to 7 calories per minute while vigorous physical activities expend more than 7 calories per minute.

While it may not be glamorous, by keeping track of what we eat and how much activity we get, we can balance our energy intake and output to maintain a healthy weight or lose excess weight. It is important to realize that everyone's body is different and therefore uses slightly different amounts of calories doing the same activity. If you have not been active recently, start slowly by doing small amounts of easy activities daily. Pick things that you like to do and try exercising with friends or family members to increase your motivation so you will stick with your routine. Make physical activity fun, that way you will look forward to it and make time to do something active every day. Lastly, build up your level of exertion and time spent doing physical activities gradually to avoid becoming injured. If you have concerns about your health, make sure to check with your doctor before starting or continuing to exercise.

B. INDOOR PHYSICAL ACTIVITIES

Basketball

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Bowling

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

HOLIDAY LANES

5198 Hwy 23
Oneonta, NY 13820
(607) 432-2540
Email: bowlholiday@starband.net
Website: <http://www.holidaylanes.com>

Cardiovascular Health

BASSETT HEART CARE INSTITUTE

Community Heart Program

1 Atwell Road
Cooperstown, NY 13326
(800) 343-7527
Website: <http://www.bassett.org>

HEALTHLINKS@FOXCARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

Community Recreation Centers

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

HEALTHLINKS@FOXCARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Corporate Fitness Programs

BASSETT HOSPITAL

HealthWorks Occupational Health
Services
1 Atwell Road
Cooperstown, NY 13326
(607) 547-6023
Website: <http://www.bassett.org>

HEALTHLINKS@FOXCARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

NEW YORK CENTRAL MUTUAL

1899 Central Plaza East
Edmeston, NY 13335
(607) 965-8321

Dance/Yoga

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800

Website:

<http://www.clarksportscenter.com>

MARNI'S DANCE ATTIC

140 Main Street
Oneonta, NY 13820
(607) 433-0730

ONEONTA KARATE AND DANCE

82 Main Street
Oneonta, NY 13820
(607) 432-0746

WENDY WADE STUDIO

140 Main Street
Oneonta, NY 13820
(607) 431-2320

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010

Website: <http://www.oneontaymca.org>

Exercise/Fitness Centers

BODY SHOP GYM

45 Valleyview Street
Oneonta, NY
(607) 432-7621

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800

Website:

<http://www.clarksportscenter.com>

CURVES FOR WOMEN - COOPERSTOWN

4773 State Highway 28, Maple Ridge Plaza
Cooperstown, NY 13326
(607) 547-0036

CURVES FOR WOMEN - ONEONTA

12 Clinton Plaza Drive
Oneonta, NY 13820
(607) 433-0080

HEALTHLINKS@FOX CARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

MUSCLES IN MOTION

101 Main Street
Oneonta, NY 13820
(607) 433-6646

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Gymnastics

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800

Website:

<http://www.clarksportscenter.com>

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Mall Walking

HEALTHLINKS@FOXCARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

SOUTHSIDE MALL

Route 23
Oneonta, NY 13820
(607) 432-5478

Martial Arts

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

ONEONTA KARATE AND DANCE

82 Main Street
Oneonta, NY 13820
(607) 432-0746

Swimming Pools

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

HEALTHLINKS@FOXCARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Racquetball & Squash

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Soccer

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

ONEONTA YOUTH SOCCER

51 Union Street
Oneonta, NY 13820
(607) 432-1731

YMCA

20 Ford Avenue
Oneonta, NY 13820
(607) 432-0010
Website: <http://www.oneontaymca.org>

Youth Programs

GIRLS ON THE RUN

PO Box 118
Fly Creek, NY 13337
(607) 547-7054

Website:
<http://www.otsegocountygotr.org>

ONEONTA BOYS AND GIRLS CLUB INC.

70 River Street
Oneonta, NY 13820
(607) 432-1133

C. OUTDOOR PHYSICAL ACTIVITIES

Baseball/Softball/Tee-Ball

Programs

COOPERSTOWN YOUTH BASEBALL CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800

Website:
<http://www.clarksportscenter.com>

ONEONTA CITY RECREATION DEPARTMENT

15 Neahwa Park
Oneonta, NY 13820
(607) 432-0680

Bicycling

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800

Website:
<http://www.clarksportscenter.com>

"CRANKS FROM COOPERSTOWN: 50 BIKE RIDES IN UPSTATE NEW YORK"

Author: Dennis Savoie
Tourmaster Publications, L.L.C. (1998)
Cooperstown, NY

SUSQUEHANNA CYCLE CLUB

(607) 264-3311
Website:
<http://www.susquehannacycling.org>

UPPER SUSQUEHANNA PEDALERS AND PADDLERS

PO Box 167
Laurens, NY 13796
(607) 432-2947

Campgrounds

GILBERT LAKE STATE PARK

18 CCC Rd
Laurens, NY 13796
(607) 432-2114
(800) 456-CAMP
Website:[http://www.nysparks.state.ny.us/
cgi-bin/cgiwrap/nysparks/parks.cgi?p+17](http://www.nysparks.state.ny.us/cgi-bin/cgiwrap/nysparks/parks.cgi?p+17)

GLIMMERGLASS STATE PARK

1527 County Hwy 31
Cooperstown, NY 13326
(607) 547-8662
(800) 456-CAMP
Website:[http://www.nysparks.state.ny.us/
cgi-bin/cgiwrap/nysparks/parks.cgi?p+18](http://www.nysparks.state.ny.us/cgi-bin/cgiwrap/nysparks/parks.cgi?p+18)

Canoeing, Kayaking & Rafting

THE PADDLE SHACK

Route 28
Portlandville, NY
(607) 434-6666
Website: <http://www.thepaddleshack.com>

SAM SMITH'S BOATYARD

6098 State Route 80
Cooperstown, NY 13326
(607) 547-2581

Cross Country Skiing/Snowshoeing

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

GILBERT LAKE STATE PARK

18 CCC Rd
Laurens, NY 13796
(607) 432-2114
(800) 456-CAMP
Website:[http://www.nysparks.state.ny.us/
cgi-bin/cgiwrap/nysparks/parks.cgi?p+17](http://www.nysparks.state.ny.us/cgi-bin/cgiwrap/nysparks/parks.cgi?p+17)

GLIMMERGLASS STATE PARK

1527 County Hwy 31
Cooperstown, NY 13326
(607) 547-8662
(800) 456-CAMP
Website:[http://www.nysparks.state.ny.us/
cgi-bin/cgiwrap/nysparks/parks.cgi?p+18](http://www.nysparks.state.ny.us/cgi-bin/cgiwrap/nysparks/parks.cgi?p+18)

Golf Courses

CEE-JAY GOLF COURSE

203 Bateman Rd
Laurens, NY 13796
(607) 263-5291

EDGEWOOD GOLF COURSE

Crow Hill Rd
Laurens, NY 13796
(607) 432-2713

LEATHERSTOCKING GOLF COURSE

60 Lake St
Cooperstown, NY 13326
(607) 547-5275
(800) 348-6222 Ext 7546
Email: otesagahotel@otesaga.com
Website: <http://www.otesaga.com>

MEADOW LINKS GOLF CLUB

476 County Hwy 27
Richfield Springs, NY 13439
(315) 858-1646
Email: mlinks27@yahoo.com
Website: <http://www.meadowlinks.com>

MOUNTAIN TOP DRIVING RANGE

925 S America Rd.
Worcester, NY 12197
(607) 397-9207

OTSEGO GOLF CLUB

144 Pro Shop Dr
Springfield Center, NY 13468
(607) 547-9290
Email: pokornyb@cooperstownusa.com
Website: <http://www.otsegogolf.com>

STONEGATE GOLF COURSE

West Winfield, NY
(315) 855-4389
Website: <http://www.stonegategc.com>

WOODHAVEN GOLF COURSE

Forest Lane - off Rte 23
Oneonta, NY 13820
(607) 433-2301

Horseback Riding

BRASS RING FARM

4015 State Hwy 28
Milford, NY 13807
(607) 286-9333

FLY CREEK STABLES

Bed Bug Road
Cooperstown, NY 13326
(607) 547-2095

SILVER CREEK STABLES

581 West Street
Oneonta, NY 13820
(607) 432-1675

Parks

GILBERT LAKE STATE PARK

18 CCC Rd
Laurens, NY 13796
(607) 432-2114
(800) 456-CAMP
Website: <http://www.nysparks.state.ny.us/cgi-bin/cgiwrap/nysparks/parks.cgi?p+17>

GLIMMERGLASS STATE PARK

1527 County Hwy 31
Cooperstown, NY 13326
(607) 547-8662
(800) 456-CAMP
Website: <http://www.nysparks.state.ny.us/cgi-bin/cgiwrap/nysparks/parks.cgi?p+18>

Parks & Recreation Departments

COOPERSTOWN PARKS DEPARTMENT

(607) 547-2411

ONEONTA CITY RECREATION DEPARTMENT

15 Neahwa Park
Oneonta, NY 13820
(607) 432-0680

Rollerblading & Skating

INTERSKATE 88

Route 23
Southside Dr
Oneonta, NY 13820
(607) 432-0366
Website:
<http://www.oneontany.com/interskate88/index.html>

ONEONTA CITY RECREATION DEPARTMENT

15 Neahwa Park
Oneonta, NY 13820
(607) 432-0680

Running/Walking/Hiking

COOPERSTOWN RUNNERS CLUB

27 Estli Avenue
Cooperstown, NY 13326
(607) 547-9225
Email: lkitley@telenet.com

GOODYEAR SWAMP SANCTUARY

Behind the Opera House
Route 80
Cooperstown, NY 13326

ONEONTA SUSQUEHANNA GREENWAY

Silas Lane
I-88, Exit 13
Oneonta, NY 13326
Website: <http://www.oneontagreenway.org>

THE WALKING EXAMPLE GROUP (WE-GO)

6 Westridge Road
Cooperstown, NY 13326
(607) 547-2893
Website: <http://www.we-go.org>

Sailing

OTSEGO SAILING CLUB

Lake Road
Cooperstown, NY 13326
(607) 547-9473

Tennis

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

COOPERSTOWN COUNTRY CLUB

Lake Road
Cooperstown, NY 13326
(607) 547-9211

ONEONTA TENNIS CLUB

32 Rose Avenue
Oneonta, NY 13820
(607) 432-0700

D. HEALTHY EATING RESOURCES

Farmer's Markets

COOPERSTOWN FARMER'S MARKET

Saturday
Pioneer Alley
Cooperstown, NY 13326

ONEONTA FARMER'S MARKET

Saturday
Main Street Plaza
Oneonta, NY 13820

Food & Nutrition Organizations

OPPORTUNITIES FOR OTSEGO INC.

3 West Broadway
Oneonta, NY 13820
(607) 433-8000

Nutrition Information

AMERICAN CANCER SOCIETY

Southern New York Region
5 Oak Avenue
Sidney, NY 13838
(607) 563-8462
Website: <http://www.cancer.org>

AMERICAN DIABETES ASSOCIATION

1508 Genesee Street
Utica, NY 13502
(315) 735-6434
Website: <http://www.diabetes.org>

AMERICAN HEART ASSOCIATION

120 Lomond Court
Utica, NY 13502
(315) 797-8906
Website: <http://www.americanheart.org>

BASSETT HOSPITAL

1 Atwell Road
Cooperstown, NY 13326
(607) 547-3300
Website: <http://www.bassett.org>

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

CORNELL COOPERATIVE EXTENSION

Food Sense Program
123 Lake Street
Cooperstown, NY 13326
(607) 547-2563

HEALTHLINKS@FOXCARE

1 FoxCare Drive
Oneonta, NY 13820
(607) 431-5454
Website: <http://www.foxcarenetwork.com>

OTSEGO COUNTY HEALTH DEPARTMENT

197 Main Street
Cooperstown, NY 13326
(607) 547-6458

E. SPECIAL EVENTS

Races & Rides

BREWERY TO BREWERY RUN 5K

June
Brewery Ommegang
Cooperstown, NY 13326
(800) 544-1809
Website: <http://www.ommegang.com>
Cooperstown Brewing Company
Milford, NY 13807
(607) 286-9330
Website:
<http://www.cooperstownbrewing.com>

CHIEF JOSEPH BRANT BIKE REGATTA

May
BobThomas@escort.org

COOP LOOP

November
CLARK SPORTS CENTER
124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

**COOPERSTOWN WINTER CARNIVAL
5K/10K**

February
Website:
<http://www.cooperstowncarnival.org>

FROSTBITE 5K

December
SADD Strides for Safety Grand Prix
(607) 431-1059

GENERAL CLINTON CANOE REGATTA

May
PO Box 2
Bainbridge, NY 13733
(607) 967-4906
Website: <http://www.canoeregatta.org>

GLIMMERGLASS TRIATHLON

August
1527 County Route 31
Glimmerglass State Park
Cooperstown, NY 13326
(607) 547-8662

LOWER DECK DASH 5K

September
SADD Strides for Safety Grand Prix
(607) 431-1059

MAGICAL HISTORY TOUR BIKE RIDE

August
TMHA
PO Box 348
Cooperstown, NY 13326

ONEONTA TIGERS 5K

July
SADD Strides for Safety Grand Prix
(607) 431-1059

THE PIT RUN 10K

October
Oneonta, NY 13820
(607) 433-2625

**RIVER RIDE FOR HUNGER &
HOMELESSNESS
OPPORTUNITIES FOR OTSEGENO INC.**

June
3 West Broadway
Oneonta, NY 13820
(607) 433-8000

SADD STRIDES FOR SAFETY 5K

April
SADD Strides for Safety Grand Prix
(607) 431-1059

THE ZONE RUN

May
1434 County Highway 25
Richfield Springs, NY 13439
(315) 858-0442

Sports/Adventure Camps

CLARK SPORTS CENTER

124 Susquehanna Avenue
Cooperstown, NY 13326
(607) 547-2800
Website:
<http://www.clarksportscenter.com>

3. PHYSICAL ACTIVITY & HEALTHY EATING WEBSITES

Weight Management

BMI AND PERCENTILE GRAPH FOR KIDS

<http://www.kidsnutrition.org/bodycomp/bmiz2.html>

CENTERS FOR DISEASE CONTROL AND PREVENTION

<http://www.cdc.gov/nccdphp/dnpa/bmi/cal-c-bmi.htm>

NATIONAL HEART, LUNG & BLOOD INSTITUTE

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Physical Activity

ACTIVE LIVING

<http://www.activeliving.org/>

ACTIVE LIVING BY DESIGN

<http://www.activelivingbydesign.org/>

AMERICA ON THE MOVE

<http://www.americaonthemove.org/>

BIKE/WALK

<http://www.bikewalk.org/>

BE ACTIVE - NATIONAL

<http://www.beactive.org/>

BE ACTIVE - NEW YORK

http://www.nysphysicalactivity.org/site_beactivenys/

CENTERS FOR DISEASE CONTROL AND PREVENTION

<http://www.cdc.gov/>

GET ACTIVE, STAY ACTIVE

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

JUST MOVE

<http://www.justmove.org/home.cfm>

KIDS RUNNING

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

MOVE 4 LIFE

http://www.nysphysicalactivity.org/site_beactivenys/

PHYSICAL EDUCATION CENTRAL

<http://www.pecentral.org/>

RAILS TO TRAILS

<http://www.railtrails.org/>

SHAPE UP

<http://www.shapeup.org/>

VERB NOW

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

WALK TO SCHOOL - USA

<http://www.walktoschool-usa.org/>

Healthy Eating

EAT RIGHT

<http://www.eatright.org/Public/>

KIDNETIC

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

KIDS NUTRITION

<http://www.kidsnutrition.org/>

NUTRITION SOURCE: HARVARD SCHOOL OF PUBLIC HEALTH

<http://www.hsph.harvard.edu/nutritionsource/>

4. RESOURCE DIRECTORY COMMENT FORM

This directory is not meant to serve as an endorsed or complete listing of resources. It provides an initial listing of resources as a community starting point.

We would like your comments on the directory. Your name is not required, but your input will be helpful as we try to strengthen the value of this guide to the community.

1. Did you find this directory helpful?

Yes___ No___ Comments: _____

2. Did you find the directory easy to use?

Yes___ No___ Comments: _____

3. Please share any corrections.

Page___ Correction _____
Page___ Correction _____

4. Do you know of other resources we should include?

Organization _____ Phone _____ Email _____
Organization _____ Phone _____ Email _____

5. Please share any other comments you have about this directory.

Thank you for your help.

Please return this form to: Bassett Research Institute, Attn: Anne Gadomski, MD,
1 Atwell Road, Cooperstown, NY 13326.