

HEALTH & FITNESS CHALLENGE CARDS

Resources

Websites

www.agarizona.edu

www.bam.gov

www.goodcharacter.com

www.nksd.net

www.health24.com

www.healthinsite.com.au

www.calorieking.com

www.playbytherules.com.au

www.keepkidshealthy.com

www.cdc.gov

www.kidshealth.org

www.health.vic.gov

www.cyc.com

www.raisingchildren.net.au

www.5aday.com

www.teachingteens.com/tpubrtty.htm

www.primusweb.com/cgi-bin/fpc/actcalc.pl

<http://www.nal.usda.gov/fnic/foodcomp/search/index.html>

Books

The Exercise Bible, Joanna Hall

Total Health for Children, Ellemain & Bedford

Family Health Guide, Dr. Mucari Stoppard

Competition Sports Nutrition, Dr. Helen O'Connor & Donna Hay

Food for Fitness, Anita Bean

The Puberty Book, Barvill & Powell