

# ***Shape Your Future...Your Weigh!™***

## **Commercially Available, Downloadable Handouts**

The following is a list of website links containing reproducible educational materials related to weight management and weight gain prevention. Materials are FREE and may be downloaded and reproduced for educational, nonprofit purposes only. To view portable document format (PDF) files, you will need Acrobat Reader.

**ACSM Guidelines for Healthy Aerobic Activity** (Source: American College of Sports Medicine; [www.acsm.org](http://www.acsm.org))

**Adult BMI Table** (Source: National Heart, Lung and Blood Institute; [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))

**Adult Body Mass Index (BMI) Table** (Source: Centers for Disease Control and Prevention; [www.cdc.gov](http://www.cdc.gov))

**A Healthy Weight** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**Adult Heart “E” BMI Chart** (Color chart and BMI in terms of every 10 pounds.) (Source: Heart “E” Heart International; [www.hearteheart.com](http://www.hearteheart.com))

**A Guide to Daily Food Choices** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))

**Basic Maintenance for Your Body (Pyramid)** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**Body Mass Index and Health** (Source: [www.usda.gov](http://www.usda.gov))

**Brochure for Using Dietary Guidelines** (Source: United States Department of Agriculture; [www.usda.gov](http://www.usda.gov))

**Calcium; A Piece of the Weight Management Puzzle** (Source: The Bell Institute of Health and Nutrition; [www.bellinstitute.com](http://www.bellinstitute.com) )

**Calculate Your Exercise Heart Rate Range** (Source: American College of Sports Medicine; [www.acsm.org](http://www.acsm.org))

**Capture Calcium** (Source: The Bell Institute of Health and Nutrition; [www.bellinstitute.com](http://www.bellinstitute.com))

**Childhood Obesity** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))

**Dietary Guidelines for Americans** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))

**Dietary Guidelines for Americans** (Source: United States Department of Agriculture; [www.usda.gov](http://www.usda.gov))

**DiETING: Fact or Fiction** (Source: The Bell Institute of Health and Nutrition; [www.bellinstitute.com](http://www.bellinstitute.com))

**Eating Smart Even When You're Pressed for Time** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**Eating Well to Stay Healthy; Role of Protein** (Source: Pork and Health; [www.porkandhealth.org](http://www.porkandhealth.org) )

**Embrace Your Health- Lose Weight if You are Overweight** (Source: National Heart, Blood and Lung Institute; [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))

**Energize Yourself! Stay Physically Active** (Source: National Heart, Blood and Lung Institute; [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))

**Everyday Solutions for Everyday Heroes** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**Exercise and Weight Control** (Source: The President's Council on Physical Fitness and Sports; [www.fitness.gov](http://www.fitness.gov))

**Exercise: The Key To The Good Life** (Source: The President's Council on Physical Fitness and Sports; [www.fitness.gov](http://www.fitness.gov))

**Fad Diet Review** (Source: Food and Health Communications; [www.foodandhealth.com](http://www.foodandhealth.com) (See license for details))

**Facts About Dietary Fat** (Source: National Lipid Education Council; [www.lipidhealth.org](http://www.lipidhealth.org))

**Facts About Weight Control** (Source: National Lipid Education Council; [www.lipidhealth.org](http://www.lipidhealth.org))

**Fit For Life; Ideas for Healthy Living** (Source: The Sugar Association; [www.sugar.org](http://www.sugar.org))

**Fitness and Food for Kids** (Source: Pork and Health; [www.porkandhealth.org](http://www.porkandhealth.org))

**Fitness Fundamentals** (Source: The President's Council on Physical Fitness and Sports; [www.fitness.gov](http://www.fitness.gov))

**Fitting Fitness In Even When You're Pressed for Time** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**Food Guide Pyramid: Basic Maintenance for Your Body** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**Food Guide Pyramid** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**Food Guide Pyramid** (Source: United States Department of Agriculture; [www.usda.gov](http://www.usda.gov))

**Frequently Asked Questions About Obesity** (Geared towards Women) (Source: The National Women's Health Information Center; [www.4women.gov](http://www.4women.gov))

**Helping Your Overweight Child** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**How Much Are You Eating?** (Source: Center for Nutrition Policy and Promotion *CNPP*; [www.cnpp.usda.gov](http://www.cnpp.usda.gov))

**Losing Weight and Keeping it Off** (Source: Pork and Health; [www.porkandhealth.org](http://www.porkandhealth.org))

**Low Calorie Sweeteners: Their Role in Healthful Eating** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**Magical Steps to Weight Management** (Source: Food and Health Communications; [www.foodandhealth.com](http://www.foodandhealth.com)) (See license for details)

**My Goals** (Source: The Bell Institute of Health and Nutrition; [www.bellinstitute.com](http://www.bellinstitute.com) )

**Nutrition: Fact vs. Fad** (Source: Wheat Foods Council; [www.wheatfoods.org](http://www.wheatfoods.org))

**Nutrition Matters: Dining Out** (Source: City of Toronto; [www.toronto.ca](http://www.toronto.ca))

**Recipes and Tips for Healthy, Thrifty Meals** (Source: United States Department of Agriculture; [www.usda.gov](http://www.usda.gov))

**Selecting and Effectively Using A Home Treadmill** (Source: American College of Sports Medicine; [www.acsm.org](http://www.acsm.org))

**Selecting and Effectively Using an Elliptical Trainer** (Source: American College of Sports Medicine; [www.acsm.org](http://www.acsm.org))

**Selecting and Effectively Using Free Weights** (Source: American College of Sports Medicine; [www.acsm.org](http://www.acsm.org))

**Selecting and Effectively Using Stationary Bicycles** (Source: American College of Sports Medicine; [www.acsm.org](http://www.acsm.org))

**Setting Goals for Weight Loss** (Source: Federal Trade Commission; [www.ftc.gov](http://www.ftc.gov) )

**7 Day Food and Exercise Log** (Source: University of Pittsburgh Medical Center; [www.upmc.edu](http://www.upmc.edu))

**Simple Moves for Muscle Toning** (Source: Pork and Health; [www.porkandhealth.org](http://www.porkandhealth.org))

**10 Best Reasons Low - Carb Diets Are Wrong** (Source: Food and Health Communications; [www.foodandhealth.com](http://www.foodandhealth.com)) (See license for details)

**10 Bright Ideas for Weight Loss** (10 Commandments of Weight Loss) (Source: Food and Health Communications; [www.foodandhealth.com](http://www.foodandhealth.com)) (See license for details)

**10 Tips to Healthy Eating** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**10 Tips to Healthy Eating and Physical Activity** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**10 Tips to Healthy Eating and Physical Activity For You** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**The Benefits of Balance: Managing Fat in Your Diet** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**The Fitness Connection** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**The Healthy Alternative to Supersizing our Youth** (Source: The Sugar Association; [www.sugar.org](http://www.sugar.org))

**The Jogging Kit** (Source: Stanford Health Promotion Resource Center; [www.hprd.stanford.edu](http://www.hprd.stanford.edu))

**Tips and Techniques for Balancing Food and Physical Activity** (Source: BeefNutrition.org; [www.beefnutrition.org](http://www.beefnutrition.org))

**Try Something New** (Source: Food and Health Communications; [www.foodandhealth.com](http://www.foodandhealth.com)) (See license for details)

**Updating Food Preparation to Promote Health** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))

**Vending Machines - Use the Right Sense** (Source: Food and Health Communications; [www.foodandhealth.com](http://www.foodandhealth.com))  
(See license for details)

**Weight Loss Diet Books** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))

**Weight Loss: Finding a Program That Works for You** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**Weight Loss Products and Programs** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))

**Weight Loss Programs** (Source: International Food Information Council; [www.ific.org](http://www.ific.org))

**Weight Management; It's All About You** (Source: Colorado State University Cooperative Extension; [www.ext.colostate.edu](http://www.ext.colostate.edu))