

# Employer Resources

*Fit & Fun  
Families*

## Resources:

### ■ Welcoa

*As North America's premier resource for worksite wellness, the Wellness Councils of America is dedicated to helping organizations of all kinds build and sustain results-oriented wellness programs.*

The Wellness Councils of America  
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Omaha, NE 68114

#### Phone/Fax

(402) 827-3590 – Phone

(402) 827-3594 – Fax

#### Email

[wellworkplace@welcoa.org](mailto:wellworkplace@welcoa.org)

### ■ Centers for Disease Control

*The National Center for Chronic Disease Prevention and Health Promotion – Nutrition and Physical Activity Information, Programs and Campaigns, Overweight and Obesity Facts.*

[www.CDC.gov](http://www.CDC.gov)

### ■ National Business Group on Health

[www.businessgrouphealth.org](http://www.businessgrouphealth.org)

### ■ The American Heart Association

*Healthy Lifestyle Information in fitness and nutrition.*

[www.americanheart.org](http://www.americanheart.org)

### ■ The American Dietetic Association

[www.eatright.org](http://www.eatright.org)

### ■ Federal Citizen Information Center

*This site provides access to consumer information and hundreds of educational materials. The "Health" and "Food" sections give lists of handouts, brochures, fact sheets, and reprints, published and reviewed by government agencies, which may be ordered for free or at very low cost.*

[www.pueblo.gsa.gov/](http://www.pueblo.gsa.gov/)

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.  
Working to make healthy eating and physical activity a regular part of your life at home and at work.

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## Resources:

- Shape Up America  
*A non-profit organization dedicated to achieving health weight for life.*  
**[www.shapeup.org](http://www.shapeup.org)**
- The U.S. Department of Health and Human Services – Guide to Healthy Eating and Physical Activity and Tracking  
**[www.smallstep.gov](http://www.smallstep.gov)**
- Interactive and Healthy Eating Index  
**[www.cnpp.usda.gov](http://www.cnpp.usda.gov)**
- U.S. Department of Agriculture Dietary Guidelines for Americans and Food Guide Pyramid  
**[www.usda.gov](http://www.usda.gov)**
- Guide to Healthy Vending Machines  
*The Alabama Department of Public Health Nutrition and Physical Activity.*  
**[www.adph.org/nutrition](http://www.adph.org/nutrition)**
- 2005 Food Pyramid Guidelines  
**[www.mypyramid.gov](http://www.mypyramid.gov)**

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