

*HealthMatters*TM Program:
Train-the-Trainer Certified Instructor Workshop
Websites

1. Making Healthy Choices

Interactive Atlas

<http://apps.nccd.cdc.gov/DHDSPAtlas/default.aspx>

The Power of Prevention

www.cdc.gov/chronicdisease/pdf/2009-Power-of-Prevention.pdf#page=1&zoom=auto,0,792

Heart Disease Fact Sheet

www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htmkll

National Core Indicators

www.nationalcoreindicators.org/states/

2. Changing Lifestyles

Portion Distortion

<http://hp2010.nhlbihin.net/portion/index.htm>

Calculate How Many Fruits and Vegetables You Need Each Day

www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html

Assessing Your Weight and Health Risk

www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm

Beyond Disability

<http://www.beyondmedia.org/> Empowered Fe Fes (slang for female), a group of young women with disabilities, hit the streets of Chicago on a quest to discover the difference between how they see themselves and how others see them.

3. Making Lifestyle Changes

HealthMatters Program!

Video: www.youtube.com/watch?v=obZ1pZTEduY&feature=youtu.be

Thera-Band Academy

<http://www.thera-bandacademy.com/exercise/Default.aspx>

National Center on Health, Physical Activity, and Disability

www.NCPAD.org

ChooseMYPlate.gov

www.choosemyplate.gov/food-groups/

Man Eating Sugar and Fat: New York City Health Department

www.youtube.com/watch?v=62JMFv0tf3Q

www.youtube.com/watch?v=-F4t8zL6F0c

4. Practicing New Lifestyles

Monday Campaigns

www.mondaycampaigns.org/

Rethink Your Drink

www.rethinkyourdrinknow.com

LearningZoneXpress

www.learningzonexpress.com

Cooking By Color: Recipes for Independence

www.downsyndromenutrition.com/productlist/79-cooking-by-color.html

***HealthMatters* Kentucky!**

HealthMatters Program Videos: Lindsey Mullis

Video 1: University of Kentucky HDI's HealthMatters Program

(www.youtube.com/watch?v=Dyuk09cUCYo) 3:20 minutes

Video 2: HealthMatters Program

(www.youtube.com/watch?v=obZ1pZTEduY&feature=youtu.be) 23 minutes

Video 3: Staying Healthy (www.youtube.com/watch?v=Trcab4IqXkw) 2:37 minutes

Video 4: Warm Up (www.youtube.com/watch?v=Ll0UCPRff98) 12:45 minutes

Video 5: FABS Exercises (www.youtube.com/watch?v=nwucXuprIsQ) 9:39 minutes

Video 6: FABS Dice Game (www.youtube.com/watch?v=FnIP_hI5UVU) 7:02 minutes

5. Maintaining Your New Lifestyle

Handgrip Strength Norms

<http://www.topendsports.com/testing/products/grip-dynamometer/norms.htm>

Hand Grip Strength Test Calculator

<http://www.shapefit.com/calculators/hand-grip-strength-test-calculator.html>

Nutrition for Everyone

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

How Many Fruits and Vegetables Do You Need?

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>

What Counts as a Cup?

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/cup.html>

Nutrition Basics

<http://www.cdc.gov/nutrition/everyone/basics/index.html>

101 FANtastic Juices and Smoothies

http://www.amazon.com/gp/product/1592235476/ref=oh_details_o07_s00_i00?ie=UTF8&psc=1

Green Smoothie Revolution

http://www.amazon.com/gp/product/1556438125/ref=oh_details_o07_s00_i01?ie=UTF8&psc=1

This Is 200 Calories

<https://www.youtube.com/watch?v=KMGUmcveQeg>

24 Must-See Diagrams That Will Make Eating Healthy Super Easy

<http://pulptastic.com/24-must-see-diagrams-will-make-eating-healthy-super-easy/>

150 Teaching Methods

<http://teaching.uncc.edu/learning-resources/articles-books/best-practice/instructional-methods/150-teaching-methods>