

Welcome to CHOICE: Tools, Tips, and Updates Page



(Community Health Outreach Increases Community based Exercise)

Dedicated to training and supporting the Community Health Worker as Fitness Coach

Purpose: a program for rural health care workers to coach people at risk or diagnosed with diabetes in how to practice and maintain fitness in a home-based setting



Great Web sites

www.acefitness.org (fitness tips and training information)

www.eatingwell.com

www.thepedometercompany.com (supplies like pedometers, tools like Challenge Charts. There is a cost for materials, but they do have sales).

In State Training Opportunities

Personal Fitness Trainer Certification v3

Where: Genoveva Chavez Community Center in Santa Fe

For more information call: 505-955-4009

When: Feb. 20, 21 and 22, 2009.



Fitness Tips

Walk off Chocolate Cravings: Chocoholics who took a brisk 15 minute stroll (first) were less likely to want their favorite sweet even when given an unwrapped bar as reported by researchers at the University of Exeter. (Fitness Magazine, February 2009).

Do you hate working out when it's windy? Walking, riding and running into the wind during your workout will burn 15% more calories!

Intense Exercise Lowers Breast Cancer Risk: A study of 32,269 women revealed that about an hour of daily vigorous activity, including housework, decreases breast cancer risk by roughly 20 percent. (Fitness Magazine, February 2009).

Nutrition Tips and Resources

Check out this web site: www.thenutritionsource.org. (Department of Nutrition, Harvard School of Public Health). It is free and loaded with tips for family and kids. It has an excellent pyramid called "The Healthy Eating Pyramid" which makes basic healthy eating practices simple.