

There are a number of online resources for parents covering nutrition, physical activity, and wellness:

- **CDC's Express Your Health: Materials for Parents, Teachers, and Kids** (<http://www.cdc.gov/family/kidexpress/index.htm>) - This site offers fact sheets and activity pages targeting different grade levels (pre-school through high school) covering a variety of health topics such as healthy eating, physical activity, food safety, seatbelt safety, and others.
- **Blubber Busters** (http://www.blubberbuster.com/school/physical_activity.htm) - This site provides links to other web pages that offer physical activity resources for parents and kids.
- **American Public Health Association: Tools for Parents, Teachers, Students, and Community Leaders to Eliminate Childhood Obesity** (<http://www.apha.org/programs/resources/obesity/obesityparenttools.htm>) - Provides links to various government and academic resources for healthy eating and physical activity, such as the President's Council on Physical Fitness and Sports, USDA publications on healthy eating, how to prepare nutritious meals, ideas for physical activities for the whole family, and others
- **PE Central** (<http://www.pecentral.org>) - This site targets health and physical education teachers, parents, and students, and provides information about developmentally appropriate physical education programs for children and youth.
- **Purdue University Hendricks County Cooperative Extension, Family & Consumer Science** (<http://www.ces.purdue.edu/Hendricks/cfs/interactivenutrition.htm>) - Provides resources, interactive sites for kids and parents, online activities, and ideas for how to improve nutrition, manage weight, practice good food safety techniques, and a variety of other topics.
- **PTA** (http://www.pta.org/pr_category_details_1117232379734.html) - This site offers a variety of resources for parents to help their children eat better and be more active, as well as ways to improve the school health environment. The site links to *PTA Healthy Lifestyles: A Parent's Guide*, which contains up-to-date, reliable information on nutrition, physical activity, and more.
- **Action for Healthy Kids** (<http://www.actionforhealthykids.org/resources.php>) - This site provides a searchable database by topic and audience. Parents may find resources on a variety of school wellness topics, including wellness policies, a la carte foods, school fundraising, academic achievement, physical education, and others.