

Exhibit 2 (cont'd): Wellness/Disease Prevention Resources: Physical Activity



# Physical Activity and Fitness

## RESOURCE LIST

This resource list contains references to Federal, State, and local government agencies as well as private organizations that offer information resources related to the physical activity and fitness objectives of HEALTHY PEOPLE 2000. Because many States have adopted their own year 2000 objectives, you may wish to contact your State health department for additional information.

**Physical Activity and Fitness**

**LEAD AGENCIES:**

**President's Council on Physical Fitness and Sports**  
701 Pennsylvania Avenue, NW  
Suite 250  
Washington, DC 20004  
(202)272-3424

Science Coordinator:  
**Centers for Disease Control and Prevention**

**YEAR 2000 OBJECTIVES**

- Reduce coronary heart disease deaths
- Reduce overweight prevalence
- Preserve independent functioning in older adults
- Increase moderate physical activity
- Increase vigorous physical activity
- Reduce sedentary lifestyle
- Increase activities that enhance muscular strength, endurance, and flexibility
- Increase sound weight loss practices
- Increase participation in school physical education
- Increase activity level in school physical education
- Increase worksite fitness programs
- Increase availability and accessibility of community fitness facilities
- Increase physical activity counseling by primary care providers

**Federal and National Information Sources**

**U.S. DEPARTMENT OF EDUCATION**

**National Diffusion Network**  
555 New Jersey Avenue, NW, Room 510  
Washington, DC 20208-5645  
(202)219-2134; (202)219-1407 FAX  
Makes educational programs available to schools, colleges, and other institutions. Lists of facilitators and programs are free.

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**

**Public Health Service**  
**Centers for Disease Control and Prevention**  
**Public Inquiries**  
1600 Clifton Road, NE  
Mailstop A23  
Atlanta, GA 30333  
(404)639-3534; (404)639-1537 FAX  
Refers inquiries from the public and professionals to the appropriate area at CDC.  
**National Center for Chronic Disease Prevention and Health Promotion**  
4770 Buford Highway, NE  
Mailstop K13  
Atlanta, GA 30333  
(404)488-5080; (404)488-5962 FAX  
Plans, directs, and coordinates national programs for the prevention of premature mortality, morbidity, and disability due to chronic illnesses and conditions. Call for electronic product information.

**National Institutes of Health**  
**National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse**  
P.O. Box AMS  
9000 Rockville Pike  
Bethesda, MD 20892  
(301)495-4484  
Provides patient education materials and information related to arthritis and musculoskeletal and skin diseases. Publications list available.

**National Diabetes Information Clearinghouse**  
Box NDIC  
9000 Rockville Pike  
Bethesda, MD 20892  
(301)654-3327  
Provides patient and professional educational materials on diabetes-related topics. Call for electronic product information.  
**National Heart, Lung, and Blood Institute Education Programs Information Center**  
P.O. Box 30105  
Bethesda, MD 20824-0105  
(301)251-1222, (301)251-1223 FAX  
Provides information on NHLBI education programs on high blood pressure, cholesterol, obesity, asthma, and heart attack. Offers information on cardiovascular disease prevention and heart-health promotion to consumers and professionals. Call for electronic product information.  
**National Institute on Aging**  
Public Information Office  
Building 31, Room 5C27  
9000 Rockville Pike  
Bethesda, MD 20892  
(301)496-1752; (800)222-2225 Publications  
(800)438-4380 Alzheimer's Information  
(301)496-1072 FAX  
Answers questions and distributes free consumer publications about the diseases of

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**HEALTHY PEOPLE 2000 is a national initiative to improve the health of all Americans through prevention. It is driven by 300 specific national objectives targeted for achievement by the year 2000. HEALTHY PEOPLE 2000's overall goals are to: increase the span of healthy life, reduce health disparities among Americans, and achieve access to preventive services.**

**National Institute on Aging (continued)**

older people, including Alzheimer's, the aging process, and safety. Publishes a series of fact sheets, *Age Pages*, which address health concerns applicable to the elderly. Publications list available.

**Office of Minority Health Resource Center**

P.O. Box 37337  
Washington, DC 20013-7337  
(800)444-6472; (301)589-0884 FAX  
Responds to inquiries about major health problems among minority populations. Assists in locating materials, programs, and technical assistance through an automated Resource Persons Network and materials database.

**President's Council on Physical Fitness and Sports**

701 Pennsylvania Avenue, NW  
Suite 250  
Washington, DC 20004  
(202)272-3424; (202)504-2064 FAX  
Works with schools, clubs, recreation agencies, and employers on physical fitness and exercise program design and implementation. Produces informational materials on exercise, school physical education programs, corporate fitness, and physical fitness for youth, adults, and senior citizens.

**State and Local Sources**

Look in your telephone directory for such listings as:

- Governor's Councils on Physical Fitness and Sports
- Local Councils on Physical Fitness and Sports
- State and local health departments
- Wellness centers
- YMCAs and YWCAs
- Community Recreation and Parks

**NATIONAL SOURCES**

**American Alliance for Health, Physical Education, Recreation, and Dance**  
1900 Association Drive  
Reston, VA 22091  
(703)476-3400; (703)476-8316 FAX  
Develops special programs including fitness for older persons, activity programs for people with handicaps, and exercise programs for youth and adults. Promotes school health and physical education programs. Distributes materials for professionals.

**American College Health Association**

P.O. Box 28937  
Baltimore, MD 21240-8937  
(410)859-1500; (410)859-1510 FAX  
Publishes and distributes a series of pamphlets and videotapes for college students on a variety of health topics, including acquaintance rape, AIDS, and sexually transmitted diseases.

**American College of Sports Medicine**

P.O. Box 1440  
Indianapolis, IN 46206-1440  
(317)637-9200; (317)634-7817 FAX  
Publishes materials, including position statements, on physical activity, physical fitness, and other sports medicine and exercise science topics.

**American Heart Association**

7272 Greenville Avenue  
Dallas, TX 75231-4509  
(214)373-6300; (800)AHA-USA1  
(214)706-1341 FAX  
Sponsors research, community programs, and professional education on cardiovascular diseases and stroke. Catalog of materials available.

**Boys and Girls Clubs of America**

1230 West Peachtree Street, NW  
Atlanta, GA 30348-5771  
(404)815-5759; (404)815-5757 FAX  
Publishes materials and promotes physical activity and health programs which include participation in the lives of America's youth and the Keystone conference.

**National Eldercare Institute on Health Promotion**

601 E Street, NW, Fifth Floor, Building B  
Washington, DC 20049  
(202)434-2200; (202)434-6474 FAX  
Supports States and agencies in the development and implementation of health promotion programs for older adults. Provides resource lists, publications, and referrals.

**National Handicapped Sports**

451 Hungerford Drive, Suite 100  
Rockville, MD 20850  
(301)217-0960; (301)217-0968 FAX  
(301)217-9836 Electronic Bulletin Board  
Provides sports and recreation activities for persons with orthopedic, spinal cord, neuromuscular, and visual impairments through more than 90 community-based chapters. Free bulletin board.

**Federal Data Sources****Centers for Disease Control and Prevention**

**National Center for Health Statistics**  
*Healthy People 2000 Staff*  
6525 Belcrest Road, Room 770  
Hyattsville, MD 20782  
(301)436-3548

**National Center for Chronic Disease Prevention and Health Promotion**  
4770 Buford Highway, NE  
Mailstop K13  
Atlanta, GA 30333  
(770)488-5080

**Indian Health Service**

Parklawn Building, Room 6-35  
5600 Fishers Lane  
Rockville, MD 20857  
(301)443-3593

**Office of Disease Prevention and Health Promotion**

*Healthy People 2000 Staff*  
330 C Street, SW, Room 2132  
Washington, DC 20201  
(202)205-8583

**National Recreation and Park Association**

2775 South Quincey Street, Suite 300  
Arlington, VA 22206  
(703)820-4940; (703)671-6772 FAX  
Increases public awareness of the role of physical fitness in health, encourages recreation among the elderly, and establishes standards for recreation services for people with handicaps.

**YMCA of the USA**

Health and Physical Education  
101 North Wacker Drive, 14th Floor  
Chicago, IL 60606  
(800)USA-YMCA; (312)977-0031  
(312)977-9063 FAX  
Provides fitness training, conditioning, and group fitness programs for all ages. Distributes brochures.

**YWCA of the USA**

726 Broadway  
New York, NY 10003  
(212)614-2700; (212)614-2703 FAX  
Provides fitness training, conditioning, and group fitness programs for all ages. Distributes brochures.

**For General Information on HEALTHY PEOPLE 2000:**

Office of Disease Prevention and Health Promotion,  
U.S. Public Health Service, 330 C Street, SW, Room 2132,  
Washington, DC 20201; (202)205-8583.

**For Healthy People 2000 Publications:**

Please write to ODPHP National Health Information Center,  
P.O. Box 1133, Washington, DC 20013-1133.

*Inclusion in this listing does not imply endorsement by the Public Health Service or the U.S. Department of Health and Human Services.*

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