

Websites for Walking Initiatives & Resources

- ACTIVE 2010 – Ontario Physical Activity Plan – www.ACTIVE2010.ca
- Alberta Centre for Active Living – www.centre4activeliving.ca
- American On the Move: simple steps to better health – www.americaonthemove.org
- Canada On The Move: Step One! – www.canadaonthemove.ca
- Center for Disease Control (CDC) – StairWELL to Better Health – www.cdc.gov/nccdphp/dnpa/stairwell/
- Chatelaine –on the move walking clubs - www.chatelaine.com/walkingclub
- Health Canada – Stairway to Health – www.phac-aspc.gc.ca/sth-evs/english/
- Hearts in Motion Walking club – Heart & Stroke Foundation www.heartandstroke.ca
- Pedometer record sheet – www.lancaster.unl.edu/food/walk.pdf
- 10,000 Steps Rockhampton Project – Queensland – www.10000steps.org.au
- United States Department of Health & Human Services – Take a Small Step to Get Healthy – www.smallstep.gov
- Volkssport Ontario – ncf.carleton.ca/~ao877/whatis.htm
- Walk About – “the how to” about walking – www.walking.about.com
- Walking the Way to Health – www.whi.org.uk
- Walk Texas – www.dshs.state.tx.us/diabetes/walktx.shtm
- Walking Works: The Blue Program for a Healthier America – Blue Cross Blue Shield – www.bluecrossblueshield.com