

Health/Fitness/Nutrition Internet Resources

<http://www.indiana.edu/~firefit/> (Indiana University/Indianapolis Fire Department Research Study)

<http://www.acsm.org/AM/Template.cfm?Section=Home> (American College of Sports Medicine)

<http://www.acefitness.org/> (American council on Exercise)

<https://www.nasca-lift.org/> (National Strength and Conditioning Association)

<http://www.ptonthenet.com/default.aspx> (fitness information/resource)

<http://www.exrx.net/> (fitness information/resource)

<http://www.lww.com/index.html> (publishing company-books, DVDs, etc.)

<http://www.humankinetics.com> (publishing company-books, DVDs, etc.)

<http://www.performbetter.com/default.aspx> (fitness equipment vendor)

<http://www.gssiweb.com/> (Gatorade Sports Science Institute)

<http://www.nasm.org/> (National Academy of Sports Medicine)

<http://www.physsportsmed.com/index.php> (The Physician and Sports Medicine)

<http://www.lafayetteevaluation.com/default.asp> (10 Cities Fitness assessment equipment vendor)

<http://www.americanheart.org/> (American Heart Association)

<http://www.ohsu.edu/hpsm/phlame.cfm> (Oregon Health & Science University)

<http://www.iaff.org/> (International Association of Firefighter)

<http://www.weightlifting.usoc.org> (US Olympic Committee on weight lifting)

<http://www.crossfit.com> (Crossfit fitness training website)

<http://www.mypyramid.gov> (Government nutrition website)

<http://www.americanheart.org> (American Heart Association)

<http://www.eatright.org> (nutrition resource website)