



Fitness: Optional Resources

A. Articles

- a. [“No Need to Stretch the Truth about Resistance Bands”](#)
– on www.sparkpeople.com
- b. [“Moderate Intensity Walking Means 100 Steps Per Minute”](#) – on www.sciencedaily.com
- c. [“How much physical activity do adults need?”](#) – by [CDC](#)
- d. [“A Strength Training Program for your Home”](#) by
Stephanie Ball, Ph.D

B. Online resources

- a. [The Walking Site](#) – for more information about 10,000 steps a day
 - b. [Pedometers USA](#) – for pedometer information and products
 - c. [Livestrong](#) – Good source of information on exercise and cancer-specific information
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