

## Selected References

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## Additional Resources

- **2008 Physical Activity Guidelines for Americans.** Available at: <http://www.health.gov/paguidelines>.
- **Physical Activity Among Adults: United States, 2000 and 2005.** Available at: <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/physicalactivity/physicalactivity.htm>.
- **American Council on Exercise.** Available at: <http://www.acefitness.org>.
- **American College of Sports Medicine.** Available at: <http://www.acsm.org>.
- **Exercise Is Medicine.** Available at: <http://www.exerciseismedicine.org>.