

BODY AND SOUL RESOURCE DIRECTORY

- CDC Center for Disease Control and Prevention: How to use Fruits and Vegetable to Help Manage Your Weight
<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>
- Improving Your Health: Tips for African American -
<http://win.niddk.nih.gov/publications/improving.htm>
- Office of Health Communications and Health Disparities -
<http://www.fccc.edu/prevention/hchd/index.html>
- The Road to Health Toolkit -
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=152>
- Choose MyPlate.gov <http://www.choosemyplate.gov/index.html>
- Tips Sheet: Getting More Active, One Step at a Time
<http://pubweb.fccc.edu/bodyandsoul/wordpress/tips-sheet-getting-more-active-one-step-at-a-time/>
- Five Minutes (or Less) for Health
<http://pubweb.fccc.edu/bodyandsoul/wordpress/five-minutes-or-less-for-health/>
- Body & Soul Image Library
<http://pubweb.fccc.edu/bodyandsoul/wordpress/image-library/>
- CDC Chronic Disease Prevention and Health Promotion
<http://www.cdc.gov/nccdphp/>
- Women, Infant, and Children (WIC) - <http://www.floridahealth.gov/programs-and-services/wic/index.html>
- Healthy Weight Florida - <http://www.floridahealth.gov/licensing-and-regulation/dietetic-nutrition/healthiest-weight.html>
- Healthy Weight - <http://www.floridahealth.gov/programs-and-services/prevention/healthy-weight/index.html>