

# Appendix D: Resources

This manual can be found on the internet at both the Uniformed Services University of the Health Sciences (under Academics, Military and Emergency Medicine, Human Performance Lab) and the Navy Environmental Health Center (NEHC) Health Promotion web sites (addresses listed on page 111). In addition, other health promotion materials for Navy personnel can be found on NEHC's web site.

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- ◆ L. Cox. Seaworthy. *Women's Sports and Fitness* July-August 1995;17(5):73-75.
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- ◆ Institute of Medicine. *Assessing Military Readiness in Women: The Relationship Between Body Composition, Nutrition, and Health*. Washington, D.C.: National Academy Press, 1998.
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- ◆ SJ. Montain, WA. Latzka, and MN Sawka. Fluid Replacement Recommendations for Training in Hot Weather. *Military Medicine* 1999;164(7):502-508.
- ◆ OPNAVINST 6110.1E. March 23, 1998. ([http://neds.nebt.daps.mil/directives/6110\\_1e.pdf](http://neds.nebt.daps.mil/directives/6110_1e.pdf))
- ◆ B. Pearl and G. Morgan. *Getting Stronger*. Bolinas, CA: Shelter Publications Inc. 1986.
- ◆ B. Rodgers and S.Douglas. Adjusting to Aging. American Running & Fitness Association, 1998. <http://www.arfa.org>.
- ◆ RJ. Shephard. Aging and Exercise. In: *Encyclopedia of Sports Medicine and Science*, TD. Fahey (Ed.) Internet Society for Sport Science: <http://sportsmedicine.org>. March 7, 1998.
- ◆ M. Sudy (Ed.). *Personal Trainer Manual: The Resource for Fitness Instructors*. Boston: Reebok University Press, 1993.
- ◆ *Tufts University Health & Nutrition Letter*. Outpacing Middle-Age Spread: Running. November 1998, page 6.
- ◆ EN. Whitney, CB. Cataldo, and SR. Rolfes. *Understanding Normal and Clinical Nutrition*, 5th ed. Wadsworth Publishing Company, 1998.
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## World Wide Web Sites (http://...)

US Navy (Link to Navy Commands)	<a href="http://www.navy.mil">www.navy.mil</a> ( <a href="http://www.navy.mil/nol">www.navy.mil/nol</a> )
Uniformed Services University of the Health Sciences (USUHS), Human Performance Laboratory	<a href="http://www.usuhs.mil/acad/index.html">www.usuhs.mil/acad/index.html</a> (select “Human Performance Laboratory” under Military and Emergency Medicine”
Navy Bureau of Personnel PRT standards Navy Nutrition and Weight Control Self-Study Guide	<a href="http://www.bupers.navy.mil/services/">www.bupers.navy.mil/services/</a> under “new PRT” <a href="http://www.bupers.navy.mil/services/">services</a> under “Navy Nutrition...”
Navy Environmental Health Center Health Promotions- (NEHC) Fitness Site Nutrition Site	<a href="http://www-nehc.med.navy.mil/hp/index.htm">www-nehc.med.navy.mil/hp/index.htm</a> - .../hp/fitness/index.htm .../hp/nutrit/index.htm
Naval Health Research Center (NHRC)	<a href="http://www.nhrc.navy.mil">www.nhrc.navy.mil</a>
American Alliance on Health, Physical Education, Recreation, and Dance (AAHPERD)	<a href="http://www.aahperd.org">www.aahperd.org</a>
American College of Sports Medicine (ACSM)	<a href="http://www.acsm.org">www.acsm.org</a>
American Council on Exercise (ACE)	<a href="http://www.acefitness.org">www.acefitness.org</a>
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>
American Heart Association (AHA)	<a href="http://www.aha.org">www.aha.org</a>
American Running and Fitness Association (AR&FA)	<a href="http://americanrunning.org">americanrunning.org</a>
Centers for Disease Control (US surgeon general’s report)	<a href="http://www.cdc.gov">www.cdc.gov</a> ( <a href="http://nccdphp/sgr/summ.htm">nccdphp/sgr/summ.htm</a> )
National Academy of the Sciences Dietary Reference Intakes (DRIs)	<a href="http://www.nas.edu/">www.nas.edu/</a> 276a.html and 287e.html
National Coalition to Promote Physical Activity (NCPA)	<a href="http://www.ncppa.org">www.ncppa.org</a>
National “5-A-Day” campaign websites	<a href="http://5aday.nci.nih.gov">5aday.nci.nih.gov</a> <a href="http://www.5ADAY.com">www.5ADAY.com</a>

National Institutes of Health (NIH) Office of Dietary Supplements (ODS)	<a href="http://odp.od.nih.gov/ods/default.html">odp.od.nih.gov/ods/default.html</a>
National Strength and Conditioning Association	<a href="http://www.nasca-lift.org">www.nasca-lift.org</a>
SCAN's Sports, Cardiovascular and Wellness Nutritionists	<a href="http://www.Nutrifit.org">www.Nutrifit.org</a>
US Department of Agriculture (USDA)	<a href="http://www.usda.gov">www.usda.gov</a>
Shape Up America!	<a href="http://www.shapeup.org">www.shapeup.org</a>
US Food and Drug Association (FDA)	<a href="http://www.fda.gov">www.fda.gov</a>
US Federal Trade Commission	<a href="http://www.ftc.gov">www.ftc.gov</a>
US Dept. of Health and Human Services	<a href="http://www.dhhs.gov">www.dhhs.gov</a>

Note: Addresses for web sites may change. If you are not able to access a site, try to contact the parent organization or search for their new site using a web browser.