



## **Physical Activity Websites**

### **BICYCLE COALITION OF MAINE**

<http://www.bikemaine.org>

- The Bicycle Coalition of Maine (BCM) advocates bicycling safety, education, and access in Maine. Their vision is that as a result of the Bicycle Coalition of Maine's work, people living in and visiting Maine will have accessible and safe conditions where they may comfortably and responsibly bicycle. They also can put you in contact with bicycling groups in your area.

### **HEALTHY MAINE PARTNERSHIPS (HMP), MAINE CENTER FOR DISEASE CONTROL AND PREVENTION, MAINE DEPARTMENT OF HEALTH AND HUMAN SERVICES**

<http://www.healthymainepartnerships.org>

- The Healthy Maine Partnerships facilitate the coordination of the State and local intervention activities to reduce chronic diseases by developing and implementing comprehensive community-level interventions that promote and support tobacco use prevention, increased physical activity, and healthy eating, primarily through policy and environmental change.

### **HEALTHY MAINE WALKS**

<http://www.healthymainewalks.org>

This program provides information on finding an indoor/outdoor walking route in Maine, how to create a community walking route and how to register your route.

### **MAINEHEALTH'S PARTNERSHIP FOR HEALTHY AGING (PFHA)**

[http://www.mmc.org/mh\\_body.cfm?id=449](http://www.mmc.org/mh_body.cfm?id=449)

- Provides programs aimed at elder wellness and health enhancement, examples of successful community partnerships, and information about evidence-based models. The PFHA provides a coalition of health care organizations, social service agencies, and educational institutions designed to foster supportive community partnerships that, in turn, can offer the information and resources to improve the health of older adults. The PFHA also provides education to social service and health care professionals, caregivers, policymakers, and others about issues related to the health and well-being of older adults.

- **A Matter of Balance Program**—A program specifically designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults. The program is designed for small groups of older adults living independently in community settings or senior housing.

## **MAINE IN MOTION—MAINE GOVERNOR’S COUNCIL ON PHYSICAL FITNESS, SPORTS, HEALTH, AND WELLNESS**

<http://maineinmotion.org>

- Maine in Motion is a 12-week statewide physical activity program designed to increase the daily physical activity levels of Maine residents by using a pedometer. Participants use pedometers as a motivational intervention for tracking their daily steps. Goal-setting and self-monitoring are key components to the program.

## **MOVE AND IMPROVE—EASTERN MAINE HEALTHCARE**

<http://www.moveandimprove.org>

- Move and Improve is a free community-based program designed to encourage and empower individuals to engage in a healthier lifestyle by increasing their level of physical activity. The Web site provides information about the 12-week program offered in the spring, along with helpful information about physical activity.

## **PLACES TO SWIM IN MAINE**

<http://www.usms.org/placswim/placswimform.php?State=ME>

A list of YMCAs, schools, and other locations with swimming pools.