

Physical Activity

Fitness Fundamentals

<http://www.hoptechno.com/book11.htm>

Top 10 Tips for Starting a Physical Activity Program

<http://www.americanheart.org/presenter.jhtml?identifier=528>

Beginning A Fitness Walking Program

<http://www.thewalkingsite.com/beginner.html>

Starting an Exercise Program

http://www.med.umich.edu/1libr/sma/sma_exerpres_sma.htm