

women living healthy, women living well

Women Living Healthy, Women Living Well is an interactive CD-ROM developed for women focusing on healthy eating, physical activity, and women's health issues. This CD-ROM delivers a wealth of health information, tips and fun ways to help you live your best life! *Women Living Healthy, Women Living Well* is composed of five modules that allow women to learn about different areas of physical activity and healthy eating.

Virtual Food Court provides the user with the opportunity to learn about nutritional content of six fast food restaurants.

Celebrate Your Best Life provides women with information on women's health issues. Topics include breast health, osteoporosis, heart health, cancer, sleep, stress, and water.

Building Blocks...Basic Tools For Healthy Eating and Being Physically Active provides the user with the opportunity to learn about the food guide pyramid, the activity pyramid, how to read the nutrition label, and learn the difference between a serving and a helping.

Body Dimensions...Factors That Affect Your Mind and Body teaches the user about the three different body types, the power of the media, myths about weight control, and simple tips for weight management.

Active for Life...provides women with information on how and why they should get moving.



For more information, please contact Carol Mitchell at 919-250-1094.

Women Living Healthy, Women Living Well represents a unique partnership between the NC Cooperative Extension Service, NC Governor's Council on Physical Fitness and Health, Alice Aycock Poe Center for Health Education, NC Nutrition Network, Physical Activity and Nutrition Unit, Division of Public Health, and the NC Cardiovascular Health Program.



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North Carolina Nutrition Network
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