



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

Virtual Food Court provides the user with the opportunity to learn about the nutrition content of foods from 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.

Eat Smart provides the user with the opportunity to learn about MyPyramid including tips on estimating serving sizes.

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

Move More provides women with information on how and why to be physically active. The module includes sample strength and flexibility routines.

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