



# Women Living Healthy, Women Living Well



- What** *Women Living Healthy, Women Living Well* is an interactive CD developed for women focusing on healthy eating, physical activity and women's health issues.
- When** This project was completed in 2002, in partnership with N.C. Cooperative Extension Service and the Physical Activity and Nutrition Branch, N.C. Division of Public Health. It was last updated in 2004.
- Where** The interactive CD can be used individually or with groups in any setting – home, schools, universities, worksites, or community.
- Why** The *Women Living Healthy, Women Living Well* CD was created to deliver a wealth of health information, tips and fun ways to help women live healthier and higher quality lives.
- Who** The audience for the *Women Living Healthy, Women Living Well* CD is women of all ages and racial backgrounds.
- How** *Women Living Healthy, Women Living Well* is composed of five modules that teach women about different aspects of physical activity and healthy eating.

- **Virtual Food Court** provides the user with the opportunity to learn about the 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 information about the Food Guide Pyramid, the activity pyramid, instruction on how to read a nutrition label, and how to tell 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 in influencing our beliefs about body size and shape, 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 visit  
[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

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