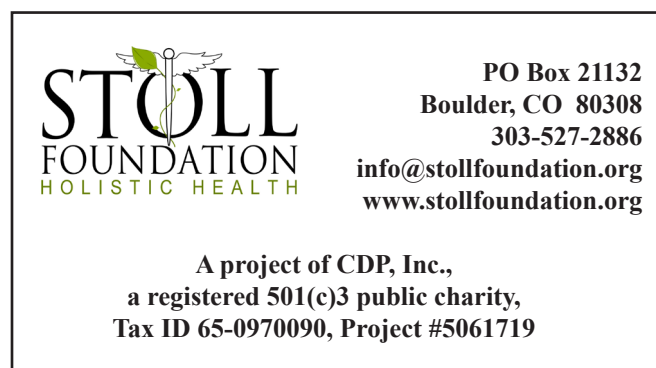


Exercise Program and Event Training Program Resources

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The following resources may be helpful for people with chronic pain, illness, or symptoms wishing to use the powerful medicine of exercise to reverse their condition.



Websites

General Exercise Information:

- **www.askwaltstollmd.com** - Walt Stoll MD's website has an interactive bulletin board to ask exercise and health questions to volunteer coaches, personal trainers, athletes, health care practitioners, and others with similar health or exercise experience. This website also has extensive archives on treating most health conditions using a combination of conventional and alternative methods.

To use the bulletin board, go to the website, and on the left side of the page, click the button that says, "Bulletin Board." You will see a new screen. Under the big box is a link (underlined) that says, "Post a new message." Click those words and you will see a new screen. There is a box with links to archives, so if you see your condition you may read the archives to learn more before posting. If you'd like to go ahead and post a message, just scroll down and fill in the blanks. After you send your message, you will see a new screen and at the bottom click "ASK DR STOLL BB" to return to the bulletin board where you can click on your message to check for answers. Be sure to check for answers over the next several days as people often read messages a few days after they are first posted.

- **www.stollfoundation.org** - Stoll Foundation offers a self-directed Exercise Program for people overcoming chronic health conditions. The Foundation also offers a self-directed Event Training Program for people overcoming health issues that want to participate in events like a 1 K run or a 5K walk for the first time. The Foundation makes available other lasting and inexpensive solutions for disease reversal through self-care and healthy lifestyle support.

- **www.lifespringarts.com** - Website of massage therapist Jan DeCourtney offers self-help tips to care for cramps, sore, or injured muscles, tips for self-massage, and general guidelines for creating a full-body stretching program.

- **www.HumanKinetics.com** - Human Kinetics, a leading publisher of fitness, sports, nutrition and wellness books has in-depth books on specific exercise topics. The site lists books on many related topics as well as summaries of the books.

- **www.ACSM.org** - American College of Sports Medicine is one of the leading research and professional certification organizations in the country offering resources on fitness topics for youth, women, athletes, and more.

- **www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html** - The National Institute of Health offers resources for nutrition and exercise as well as links to other informative sites.

- **iTunes** offers podcasts of yoga or other fitness classes. Many are free. Also a general internet search may turn up podcasts on individual exercise websites.

- **www.active.com** - The Active website offers nutrition, fitness and training tips, online training programs, and opportunities to interact with others who have similar health and exercise interests.

- **www.activevideos.com** - Active Videos has over 35 videos/DVDs for seniors with many types of gentle exercise including easy strengthening, sitting in chair, easy stretches, walk aerobics, easy aerobics, Egoscue Pain Free Workout, Gentle T'ai Chi, Easy Yoga, and more. 1-800-342-4320

Running:

- **www.runningplanet.com** - Running Planet has nutrition tips for runners, tips and form advice for running, core strength training and general fitness and weight loss advice, training guides, books, and coaching.

- **www.runnerslounge.com** - Runner's Lounge is for mutual support and advice among runners. People helping people.

Hiking/Walking:

- www.americanhiking.org. American Hiking has helpful links and resources on topics from safety to gear. A trail map spanning the U.S. is coming soon on this website.
- gorp.away.com (no www) - tips on gear, info on hiking and camping destinations, info on a variety of outdoor activities.

Cycling:

- www.usacycling.org. The USA Cycling site offers a cycling 101 section with info about all flavors of cycling including road and mountain biking.

Books

- *Recapture Your Health* by Walt Stoll, M.D. and Jan DeCourtney, C.M.T. has complete instructions for the entire self-help 3LS (3-Legged Stool) Wellness Program for reversing chronic health problems: Skilled Relaxation, the Perfect Whole Foods Diet, and the Right Exercise for you.
- *Fitness for Dummies* by Suzanne Schlosberg and Liz Neporent. The best general exercise book we've found, with practical information about all types of exercise.
- *Exercise Management for Persons with Chronic Diseases and Disabilities* by American College of Sports Medicine. Written for professionals. Some information may be helpful to laypeople.
- *Nancy Clark's Sports Nutrition Guidebook* by Nancy Clark offers in depth, easy-to-understand nutritional advice for all levels. Nancy Clark is a registered dietitian who works with both casual exercisers and professional athletes in the Boston area. Does not strictly follow the Perfect Whole Foods Diet.
- *Strength Training Past 50*, by Wayne Westcott and Thomas Baechle, provides guidelines for strength training for exercisers over the age of 50. Offers practical advice on everything from testing for strength to choosing a personal trainer. Also includes sport-specific training programs.

Other resources:

- **local personal trainers and pilates instructors** offer specific advice for training. Find them through the Yellow Pages, at YMCAs, rec centers, athletic clubs, and local sports shops, or on certification websites like www.acefitness.org (American Council on Exercise) or www.acsm.org.
- **local runners shops, your local REI or sporting goods store** give advice about shoes and clothing. Visit your local bike shop for advice on gear, how to find a cycling buddy, or where to ride locally. Visit your local parks and recreation website for information on many local sporting activities in your area.
- **local libraries** have exercise books, videos, and dvds.

Where to find events:

- http://coloradorunnermag.com/national_calendar has an easy-to-use national calendar with events by zip code, state, and more.
- www.runnersworld.com - Find races and events by zip code.
- www.active.com - Search and register online for races, team sports, and recreational activities.
- **Local running shops** have information about local events and sometimes regional and national events too.

This information is current as of 1/09.