

# FITNESS RESOURCE INFORMATION

## A. General fitness sites...

1. [www.drlenkravitz.com](http://www.drlenkravitz.com) – Excellent overall fitness information
2. [www.spra.sk.ca](http://www.spra.sk.ca) – Saskatchewan Fitness organization
3. [www.provincialfitnessunit.ca](http://www.provincialfitnessunit.ca) – Alberta Fitness organization
4. [www.impactmagazine.ca](http://www.impactmagazine.ca) – Alberta Fitness magazine
5. [www.fitnet.ca](http://www.fitnet.ca) – Canadian Fitness magazine
6. [www.centre4activeliving.ca](http://www.centre4activeliving.ca) – AB provincial organization
7. [www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca) – SK provincial organization
8. [www.socan.ca](http://www.socan.ca) – Society of Composers, Authors and Music Publishers (Canada)
9. [www.getbodysmart.com](http://www.getbodysmart.com) – Interactive on-line Human Anatomy and Physiology study guide



## B. Older Adult sites...

1. [www.icaa.cc](http://www.icaa.cc) – International Council for Active Aging (BEST!)
2. [www.uwo.ca/actage](http://www.uwo.ca/actage) - Canadian Centre for Activity and Aging
3. [www.alcoa.ca](http://www.alcoa.ca) – Active Living Coalition for Older Adults
4. [www.healthyagingprograms.org](http://www.healthyagingprograms.org) – US National Council on Aging (Centre for Healthy Aging)
5. [www.who.int/ageing/en/](http://www.who.int/ageing/en/) - World Health Organization on aging
6. [www.centre4activeliving.ca](http://www.centre4activeliving.ca) – AB Centre for Active Living

## C. Water sites...

1. [www.calainc.org](http://www.calainc.org) – Canadian Aquafitness Leaders Alliance
2. [www.waterwaysfitness.com](http://www.waterwaysfitness.com) – H2O Fitness Instructor information website
3. [www.waterart.org](http://www.waterart.org) – H2O Fitness Instructor Certification website

## D. Sample Medical-related sites...

1. [www.fibrohugs.org](http://www.fibrohugs.org) – Support for Fibromyalgia
2. [www.heartandstroke.sk.ca](http://www.heartandstroke.sk.ca) – SK Heart & Stroke Foundation
3. [www.arthritis.ca](http://www.arthritis.ca) – Arthritis Society

# FITNESS EQUIPMENT COMPANIES



1. [www.fitter1.com](http://www.fitter1.com) – Fitter First (Calgary)
2. [www.hydrofit.com](http://www.hydrofit.com) – Hydro-Fit (USA)
3. [www.lahuey.com](http://www.lahuey.com) – Lynda Huey's Aquatic Sports Therapy