

Get More Info and Add Games!

Physical Activity Web Sites

Organization	Web site	Description
Active Living Alliance for Canadians with a Disability	www.ala.ca	National organization. Resources and activities to include people with disabilities.
Canadian Fitness and Lifestyle Research Institute (CFLRI)	www.cflri.ca	Research and information to promote well being through physically active lifestyles. Current statistics and information about fitness.
Canadian Intramural Recreation Association (CIRA)	www.ciraontario.com	Promotes physical activity through intramural and recreation programs.
Ontario Physical and Health Education Association (OPHEA)	www.ophea.net	Provides leadership, advocacy, resources and projects for physical activity and health.
Parachute	www.parachutecanada.org	Amalgamation of Safe Communities Canada, Safe Kids Canada, SMARTRISK and ThinkFirst Canada. Parachute's injury prevention programming and advocacy efforts are designed to help Canadians reduce their risks of injury.
Middlesex London Health Unit	www.healthunit.com	Physical activity information and resources for school aged children.
participACTION	www.participaction.com	Information to encourage physical activity for children and families.
City of London	www.london.ca	Offers information on a range of municipal programs and services.
Canadian Society for Exercise Physiology (CSEP)	www.csep.ca	Canadian Guidelines for Physical Activity and Sedentary Behaviour.