

September National Health Observances

America on the Move

<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1524889/k.BFFA/Home.htm>

This is a great organization that encourages people to begin to take small steps to improve their health. The focus of the America on the Move campaign is a personal commitment to adding just one mile per day of walking—or 2,000 steps on a pedometer—and decreasing one's caloric consumption by a mere 100 calories per day. These two small changes alone, their experts say, will stop the slow-but-sure weight creep that most individuals experience as they age.

Beyond the 2,000 steps, 100 calories plan, there are America on the Move walking groups around the country, and their Website lists not only these, but ideas about healthful eating, too. Both individuals and groups can register online to use their daily calorie consumption tools and log their miles to celebrate their progress toward healthier living.

Other Resources for Fitness and Healthful Eating:

- *The Best Life Diet* by Bob Greene
- *YOU: On A Diet: The Owner's Manual for Waist Management* by Mehmet C. Oz and Michael F. Roizen
- *YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger* by Michael F. Roizen and Mehmet Oz

Healthy Aging

<http://www.healthyaging.net/>

Although anyone can benefit from this site, Healthy Aging is geared toward individuals 50 years and older who want to learn more about the four components of aging well: physical fitness, social wellness, financial fitness, and mental wellness.

Like holistic medical practitioners, such as Dr. Andrew Weil, the creators of the Healthy Aging Website believe that aging is not a disease to be battled, but a part of life's journey to be embarked upon healthfully and gracefully, and celebrated with all of the vigor and joy that healthy living entails.

- *8 Weeks to Optimum Health* by Andrew Weil
- *The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying* by Suze Orman
- *Healthy Aging: A Lifelong Guide to Your Well-Being* by Andrew Weil
- *Real Age: Are You as Young as You Can Be?* by Michael F. Roizen
- *YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger* by Michael F. Roizen and Mehmet Oz
- *You've Earned It, Don't Lose It : Mistakes You Can't Afford to Make When You Retire* by Suze Orman and Linda Mead