

Physical Activity and Nutrition Resources for Practitioners and Patients

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Resources for Practitioners

[The Academy of Nutrition and Dietetics](#) has developed resources to assist practitioners and educators in the practice of dietetics. Many of these tools use evidence-based guidelines and allow practitioners to apply cutting-edge, synthesized research in practice.

Culinary medicine (CM) is an evidence-based field that brings together nutrition and culinary knowledge and skills to assist patients in maintaining health and preventing and treating food-related disease by choosing high-quality, healthy food in conjunction with appropriate medical care. The [curriculum](#) is provided for free with the goal of expanding the reach of Culinary Medicine to everyone.

American College of Sports Medicine [Exercise is Medicine](#) (EIM) initiative encourages physicians and other health care providers to include physical activity when designing treatment plans and to refer patients to evidence-based exercise programs and qualified exercise professionals. EIM is committed to the belief that physical activity promotes optimal health and is integral in the prevention and treatment of many medical conditions.

Resources for Patients – Physical Activity

[Canada's Physical Activity Guide to Healthy Active Living](#) helps individuals make wise choices about physical activity. Choices that will improve your health, help prevent disease, and allow you to get the most out of life.

[Centers for Disease Control and Prevention](#) provides a resource on how to be physically active while maintaining social distance.

[Health Direct](#) is an Australian government-funded service, providing quality, approved health information and advice on a variety of topics, including fitness and exercise.

[National Health Sciences](#) is a British government service offering free easy to follow and comprehensive fitness studio videos.

[Instagram](#) offers numerous workout videos. Create a free account and go ahead and search!

Sydney Cummings is a NASM Certified Personal Trainer and Fitness Nutrition Specialist who offers free daily workouts. Subscribe to her [YouTube](#) channel for free.

[YMCA 360](#) offers an exclusive collection of on-demand and livestream classes. Register with an email for free.

[YMCA GO](#) – Become a virtual subscriber and receive free access to LIVE daily classes and 400+ on-demand classes with registration.

[Walk at Home with Leslie Sansone](#) has helped millions of people live active and health lives for over 30 years. Subscribe to the [YouTube](#) channel for free.

[Beachbody On Demand](#) has helped millions achieve a healthier lifestyle through proven fitness and nutrition programs complete with daily instruction, eating plans, and one-of-a-kind support. An annual membership is \$99.

Recumbent bikes offer a great way for those who love cycling but find it stressful on their joints to exercise your cardiovascular system while also burning fat and building muscle. Many varieties are available, and the Marcy recumbent exercise bike is under \$200.

Resources for Patients – Physical Activity (Spanish) **Recursos para pacientes – Español**

[Spain’s Ministry of Health](#) offers a variety of videos with examples of strength, flexibility, and balance exercises for adults.

[El Ministerio de Salud de España](#) ofrece una variedad de videos con ejemplos de ejercicios de fuerza, flexibilidad y equilibrio para adultos.

Argentina’s Ministry of Health offers [Your Active Pause](#). A coach and a trainer will show some very simple exercises in videos of less than 5 minutes that you can be done in the office, the business where you work, or any space in your home.

El Ministerio de Salud de Argentina ofrece [Su Pausa Activa](#). Un coach y un formador te mostrarán unos ejercicios muy sencillos en videos de menos de 5 minutos que podrás realizar en la oficina, el negocio donde trabajas, o cualquier espacio de tu casa.

Resources for Patients – Nutrition

The [Dr. Yum Project](#) is a non-profit organization with a mission to help families and communities overcome barriers to eating well. Over 200 delicious original recipes, organized for your family's needs. Recipes also available in Spanish. [Find nutrition tips and cooking ideas for creating simple, healthy meals with what you have available.](#)

Are you making every bite count? Take the quiz to find out and get personalized resources to [Start Simple with MyPlate](#). Explore tools, resources, and recipes to fill your plate.

[Pick Up Limes](#) aims to share resources on living a vibrant and uncomplicated life fueled by plant-based foods, and to share simple vegan recipes that are nutritious, delicious, and visually appealing.

Please note that the Massachusetts Medical Society does not have a relationship with these vendors and has not vetted the products and services. These resources are being shared as a convenience for informational purposes only and do not constitute an endorsement or an approval by the Massachusetts Medical Society.

Recent articles on Obesity, Physical Activity and COVID-19

Physician Athletes Promoting Physical Fitness Through Social Media During the COVID-19 Pandemic; Fatima Cody Stanford MD, MPH, MPA, Arghavan Salles, MD, PhD; Health Promotion Practice <https://journals.sagepub.com/doi/10.1177/1524839920988261>

Harvard Health Blog, Exercise Matters...regardless of your size

<https://www.health.harvard.edu/blog/exercise-matters-to-health-and-well-being-regardless-of-your-size-2021011421754>

Annals of Internal Medicine Comparison of Knowledge and Information-Seeking Behavior After General COVID-19 Public Health Messages and Messages Tailored for Black and Latinx Communities

<https://www.acpjournals.org/doi/10.7326/M20-6141>

Healio 'This is indeed real': Race, obesity drive risk for poor outcomes, death in COVID-

19 <https://www.healio.com/news/endocrinology/20201103/this-is-indeed-real-race-obesity-drive-risk-for-poor-outcomes-death-in-covid19>