



WEBSitings

Brief profiles of useful websites and online resources



ACE Fit

The American Council on Exercise (ACE) is a one-stop shop for better living, outside and in. Completely interactive, visitors to <http://www.acefitness.org/acefit> can browse fitness instruction and healthy living guidance, read insights from industry experts, join a community of web-based support, and access a database of ACE-certified fitness instructors.

The website's fitness instruction ranges from specific goals, such as training to walk or run a half marathon or a 5k, to personalized, 12-week fitness programs, generated after visitors complete a short interest survey. The ACE Fit program can count toward the Presidential Active Lifestyle Award+ (PALA+), President Obama's challenge to "motivate Americans to make physical activity and healthy eating part of their everyday life." The 3-phase ACE PALA+ Challenge Kick Start Workout Guide can be found by browsing the Workout Library section of the Fitness Programs tab.

Healthy living brings together the entire family, from grocery shopping

tips to kid-friendly recipes. Instruction on how to start a vegetable garden in the backyard and a coupon book are free for download. Visitors can choose to select a single coupon, such as the One Bootcamp Wake-Up Call coupon, and e-mail it to a friend or family member. Also available are nutrition tips and online tools and calculators, including a heart attack risk assessment tool and a body mass index calculator.

Visitors can connect with the community using the Events Finder—search by zip code, event, date, or activity (eg, mountain biking, walking). And as a nonprofit organization, ACE conducts product reviews and reports on research and studies to help its users safely excel in exercise and nutrition habits.

I Want to Work on My...

Produced by the National Center for PTSD (posttraumatic stress disorder), PTSD Coach Online brings psychological care into the home of anyone in need of help for upsetting feelings. Users enter the site ([\[.va.gov/apps/ptsdcoachonline\]\(http://www.ptsdcoachonline.org/apps/ptsdcoachonline\)\) and begin their journey by completing the sentence "I want to work on my..." Selections include worry or anxiety, anger, sadness or hopelessness, sleep problems, trauma reminders, avoidance of stressful situations, disconnection from people, disconnection from reality, problem-solving skills, or direction in life.](http://www.ptsd</p></div><div data-bbox=)

The user makes his or her selection, producing a narrower set of treatment-specific tools. After selecting any tool, a new window pops up with a short introductory video, presented by a psychologist from the National Center for PTSD. By following a short but thoughtful exercise, the user is motivated by the Coach to add activities to a calendar or design a future event, such as a party, and learn how to execute it.

Heart360

The American Heart Association's Heart360 website, accessible at <https://www.heart360.org>, allows users to monitor their heart health directly from a personal computer. Users can get started by entering information into a password-protected database, including name, contact phone or e-mail, and a baseline blood pressure (BP) reading.

Once inside, My Trackers store and monitor BP, weight, physical activity, blood glucose, cholesterol, and medications. Each tracker measures personal readings against guidelines and alerts the user when a reading is not within a normal range. For example, a BP of 130/80 creates an alert that this reading needs improvement, and actions the user can take to improve his or her BP are provided.

My Life Check scores the user on 7 unique scales and provides a *heart score* of 0 to 10, where 10 indicates "ideal cardiovascular health." ●