

# The Take Control Two-Step

## Small Steps to Manage Chronic Diseases

### Be Active

#### Other resources

##### Angelina County and Cities Health District

[www.acchd.us](http://www.acchd.us)

##### Long Live Texans

[www.longlivetexans.com](http://www.longlivetexans.com)

#### Local Activities

[www.angelinacounty.net/highlights/cassels\\_boykin\\_park](http://www.angelinacounty.net/highlights/cassels_boykin_park)

[www.visitlufkin.com/play](http://www.visitlufkin.com/play)

[www.retireinpolkcountytexas.com/Recreation\\_Areas.html](http://www.retireinpolkcountytexas.com/Recreation_Areas.html)

See East Texans' favorite walking path, or create your own: [www.startwalkingnow.org](http://www.startwalkingnow.org)

#### Organizations

##### American College of Sports Medicine

[www.acsm.org](http://www.acsm.org)

##### The National Center for Bicycling and Walking

[www.bikewalk.org](http://www.bikewalk.org)

##### The President's Council on Physical Fitness & Sports

[www.fitness.gov/index.html](http://www.fitness.gov/index.html)

#### Physical Activity for Everyone videos

[www.cdc.gov/physicalactivity/everyone/videos/index.html](http://www.cdc.gov/physicalactivity/everyone/videos/index.html)

#### Tips to get started and stay active

[www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Get-moving-Where-do-I-start\\_UCM\\_307978\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Get-moving-Where-do-I-start_UCM_307978_Article.jsp)

[www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Getting-Started-Tips-for-Long-term-Success\\_UCM\\_307979\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Getting-Started-Tips-for-Long-term-Success_UCM_307979_Article.jsp)



#### Downloadable Guide to Activity for Adults

[www.health.gov/  
PAGuidelines/pdf/  
adultguide.pdf](http://www.health.gov/PAGuidelines/pdf/adultguide.pdf)

##### The Cooper Institute

[www.cooperinst.org/index.cfm](http://www.cooperinst.org/index.cfm)