

Resource availability announced by college, extension service

COLLEGE PARK — The University of Maryland, College Park and Maryland Cooperative Extension announce the availability of resources for children in the "Kids Zone" area of the "Eat Smart, Be Fit, Maryland" Web site. The "Kids Zone" can be found on the homepage of the Eat Smart Web site located at: www.eatsmart.umd.edu. All services on the site are free.

The "Kids Zone" is for kids, pre-teens, and teens in Maryland who want to learn about eating healthy and being active.

A variety of links are provided offering fun and educational activities to emphasize the importance of adopting a healthy lifestyle. These links can be used by parents to teach their children about healthy nutrition and physical activity behaviors, or by the children themselves.

Dr. Nancy Atkinson at the University of Maryland believes, The "Kids Zone" fea-

ture is an effective way to help parents teach their children about nutrition and physical activity in a fun way.

The "Eat Smart, Be Fit, Maryland" Web site is easy to use and provides information on local community events, grocery specials, and nutrition and exercise tips for the whole family.

The Web site is part of a research study being conducted by the Public Health Informatics Research Laboratory at the University of Maryland and the Maryland Cooperative Extension to improve community health for Maryland residents.

For information, contact the University of Maryland by email at eatsmartmd@umd.edu.

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