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Get the skills you need to get active

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Access advice and support online, face to face, by phone via e-mail.

A new program called Active Living Every Day can give you the lifestyle skills you need to become and stay more physically active. What's included: identifying and dealing with barriers and obstacles, learning to fit activity into your daily life, setting realistic goals and developing support networks. A joint venture of The Cooper Institute in Dallas (which conducted research to prove the program works) and book publisher Human Kinetics, the 20-week lesson can be accessed in three ways: via an online independent study program; in a classroom and/or online program at community centers (such as your local YMCA); or online with periodic face-to-face, e-mail or phone coaching sessions. The independent-study program costs \$49 for a year (Web access may be renewed for \$25 per year thereafter); prices for the other two programs will be set by individual centers (www.activeliving.info, 800-7474457). -Nancy Monson

ack down a trainer The National Strength and Conditioning Association now offers a personal- trainer locator service online at nsca-lift.org. It lists over 1,100 NSCA-certified trainers, and you can search by area.

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