Recommended Readings for the Group Lifestyle Balance Training Workshop:

   http://care.diabetesjournals.org/content/25/12/2165.full

   http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1370926/


   http://annals.org/article.aspx?articleid=718331


   http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)61457-4/fulltext


    http://www.ajcn.org/cgi/content/abstract/82/1/222S


**NOTE:** During the training workshop we will be referring to Resistance Exercise and Stretching packets. These may be found on the Physical Activity Resource Center for Public Health (PARC-PH) website: [http://www.parcph.org](http://www.parcph.org) (under the materials section). Please review/print out this information prior to the workshop.

**PARC-PH:** The PARC-PH was established to satisfy the need for a comprehensive resource center that can provide physical activity assessment and intervention information and guidance to interested researchers and community members locally and across the United States. A major focus of the PARC-PH is on assessment and intervention issues surrounding race/ethnic/minority groups as well as issues specific to various age/gender groups.