Health Promotion and Aging in Adults with Intellectual and Developmental Disabilities  
Resources

**Nutritional Resources**

[My Plate](http://www.choosemyplate.gov)  
A practical source of information and guide to help individuals help find healthy eating solutions.

[Center for Disease Control and Prevention](http://www.cdc.gov)  
Offers support for public health strategies and programs that improve dietary quality, support healthy development, and reduce chronic disease.

[More Matters](http://www.fruitsandveggiesmorematters.org/)  
An online campaign that helps people eat more fruits and vegetables by providing recipes and supports.

[MassLeague.org](http://massleague.org/index.php)  
A comprehensive list of health centers in Massachusetts that include nutritionists who are available for inexpensive consultations and classes

Grocery Store Nutritionists  
Grocery store chains such as Stop & Shop and BigY have in-store nutritionists who offer free advice, classes, and shopping demos periodically. Visit your local grocery store to inquire about nutritionists on staff.

**Physical Activity Resources**

[The ARC](http://www.thearc.org/)  
Advocacy organization for individuals with IDD that offer community based therapeutic recreations including cooking classes, walking clubs, basketball clinics, boot camp exercise classes, and aquatics.

[YMCA](http://www.ymca.net/)  
May offer inclusive programs like adaptive swimming.

[Department of Conservation and Recreation   
The Universal Access Program offers outdoor recreation opportunities for people of all abilities.](http://www.mass.gov/eea/agencies/dcr/)

[](http://www.mass.gov/eea/agencies/dcr/)[Disabilityinfo.org](https://disabilityinfo.org/)  
INDEX website offers listing of recreational opportunities for people with disabilities.