



UNITED TRIBES TECHNICAL COLLEGE
EXTENSION PROGRAM



**THE LEAN
MACHINE:**

**THE FOUR
DIRECTIONS
TO EATING
LEAN AND
BEING LEAN**

*Educational Resource Guide
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References:

Centers for Disease Control/National Center for Chronic Disease Prevention and Health Promotion. "Physical Activity." <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm> (06/16/2003).

Franz, Marion J. *Fast Food Facts*. Minneapolis, MN: IDC Publishing, 1998.

Garden-Robinson, Julie and Kim Steier. "Take the 5 Plus 5 Challenge."
Fargo, ND: NDSU Extension Service, 1998.

Native American Diabetes Project. *Strong in Body and Spirit*. Albuquerque, NM: University of New Mexico, 1998.

Additional Resources from the UTTC Extension Program:

Contact the UTTC Extension Program at 701-255-3285 Ext. 397 for more information.

- Buffalo and Native American Wellness Educational Resource Guide
- Gifts from the Earth: Fruits and Vegetables Educational Resource Guide
- Steps for Diabetes Prevention Brochure
- Balanced Living for Wellness Handout
- Is Type 2 Diabetes a Concern for You? Brochure

Tribal or County Extension Offices are also a source of additional nutrition and physical activity information.

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