

# Additional Approved PA Resources



- Physical Activity Guidelines for Americans (ages 6+)
- National Association for Sport and Physical Education (NASPE) (birth-age 5)
- Take 10!
- CATCH
- SPARK
- Let's Move!
- Alliance for a Healthier Generation
- CDC Guide to Strategies for increasing PA in the community

**NEOP Approved Materials List:**

[www.cdph.ca.gov/programs/cpns/Documents/Network-ApprvNutEdMaterList.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ApprvNutEdMaterList.pdf)

**SNAP-Ed Toolkit:** <http://snap.nal.usda.gov/snap/SNAP-EdInterventionsToolkit.pdf>

33

## Thank You!

**Jessica Lime, MEd**  
**(916) 445 – 6311**  
[Jessica.Lime@cdph.ca.gov](mailto:Jessica.Lime@cdph.ca.gov)

**Mary Coordt, MS**  
**(916) 445 – 7727**  
[Mary.Coordt@cdph.ca.gov](mailto:Mary.Coordt@cdph.ca.gov)

**Michele Buran**  
**North Coast/Sierra Cascade**  
**(530) 898-4318**  
[mburan@csuchico.edu](mailto:mburan@csuchico.edu)

**Carmen Bogan**  
**SF Bay Area**  
**(510) 482-8827**  
[carmenbo@pacbell.net](mailto:carmenbo@pacbell.net)

36