

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

**California 5 a Day**

# **Be Active Resource Directory**

ALAMEDA COUNTY



# **Welcome to the Alameda County Be Active Resource Directory!**

It is our hope that this directory will prove to be a valuable tool for professionals, families and others who are dedicated to promoting health and wellness for adults, youth and children. Included in this directory are descriptions of organizations that offer a wide variety of services and information for physical activity and nutrition. The agencies and resources listed are available to help you search for information. Call them. Ask them questions. Most of the community resources listed here are specific to physical activity; however, some provide other community services.

The agencies and resources are listed:

- By geographic location
- By organization with contact and cost information (in most cases)
- By type of activity
- Sections for Nutrition and Internet Resources are included

This resource directory was developed to help health professionals make appropriate physical activity and nutrition referrals for their clients. This directory is designed to be a gateway to information and is part of our ongoing effort to share key information to facilitate physical activity program participation and development. Although it does not list every physical activity resource that exists, it will help you get started.

Communities throughout the Bay Area are experimenting with innovative ways to support adults and youth in making healthier choices, becoming more physically active, and having access to food assistance programs. The Bay Area Region Nutrition Network administers projects that conduct health and nutrition outreach on the local level and strives for community-wide changes in the way Bay Area residents approach nutrition and physical activity. In keeping with the guidelines established with the USDA, our programs target low-income women and their children. It is our hope that this Directory will help move us toward our shared vision of Bay Area communities that have access to resources, eat healthy foods and lead physically active lives.

# Acknowledgements

*Special thanks to the Alameda County Public Health Department, members of the Alameda County Physical Activity Coalition (ACPAC) and all contributing individuals and organizations for providing physical activity and nutrition resource information used in this directory.*

This listing is in no way intended to be all-inclusive. It is a partial list of local physical activity programs and resources available to help individuals or families with an immediate need for food or those needing supplemental food from various programs. It is funded by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network for Healthy, Active Families. For information on the California Food Stamp Program, call (800) 952-5253.

No agency or resource listed in the directory pays for its listing. All information has been provided by the individual agency or resource and its listing here does not imply endorsement by the California Department of Health Services, Cancer Prevention and Nutrition Section, or any of its directors or sponsors.

**California 5 a Day**

# **Be Active Resource Directory**

ALAMEDA COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources



# *Physical Activity Resources*



# Physical Activity Resources • Alameda County

## Selected Physical Activity Resources, Alameda

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>ALAMEDA</b>			
<b>Bayside Pilate's</b> 2515 Santa Clara Ave Alameda, CA 94501 (510) 521-5295	<b>Fitness</b>		
<b>Cuts Fitness For Men-Alameda</b> 2307 Blanding Ave Alameda, CA 94501 (510) 523-2887	<b>Fitness</b>	Men	
<b>Streamline Fitness</b> 909 Marina Village Pkwy, #139 Alameda, CA 94501 (510) 521-6460	<b>Exercise</b> Group and individual exercise program; focus on sport not weight; Diet analysis; monitors body composition; year-round	12 yrs and up	\$50/1 hr. session for individuals \$100/month and up for group classes-2 sessions/wk for 4 wks.
<b>BERKELEY</b>			
<b>Bay Area Outreach Rec Program</b> 1720 8th St. Berkeley, CA 94708 (510) 849-4663	<b>Recreational activities</b> Programs focus on and for visually and physically disabled teens. Year-round	Physically and visually disabled teens.	\$35-85/session; sliding scale.
<b>Bay Area Outreach Recreation Program-Our Children in Need</b> 830 Bancroft Way Berkeley, CA 94710 (510) 849-4663	<b>Integrated recreational activities</b> Recreational program for physically and visually disabled. Year-round	5-19 yrs	No Charge
<b>Berkeley Moving Arts</b> 2525-8th Berkeley, CA 94710 (510) 848-4878			
<b>CANFit</b> 2140 Shattuck Ave. Ste 610 Berkeley, CA 94704 (510) 644-1533 www.canfit.org	Funder for low-income community, multi-ethnic youth nutritional education and fitness programs.	multi-ethnic youth 10-14 yrs.	
<b>Capoeira Arts Cafe</b> 2026 Addison Berkeley, CA 94704 (510) 666-1255			
<b>Center Strength Pilates &amp; Physical Therapy &amp; Feldenkrais</b> 1641 Solano Ave Berkeley, CA 94707 (510) 526-3757			
<b>Curves Berkeley South</b> 2855 Telegraph Ave Berkeley, CA 94705 (510) 540-9256	<b>Fitness</b>	Women	

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Real People Pilates</b> 2718 Telegraph Ave Berkeley, CA 94705 (510) 704-8194			
<b>The Works Coop Exercise &amp; Dance Studio</b> 2566 Telegraph Ave Berkeley, CA 94704 (510) 841-1373			
<b>Young Adult Project/City of Berkeley</b> 1730 Oregon St. Berkeley, CA 94703 (510) 981-6670 phc1@ci.berkeley.ca.us	<b>Basketball, youth sports, dance, martial arts</b> Twilight Basketball League, youth sports, dance, Karate Kids Club; Eng & Span Year-round	All	\$17 or less per program
<b>CASTRO VALLEY</b>			
<b>24 Hour Fitness</b> 3839 E Castro Valley Bl. Castro Valley, CA (510) 733-6448	<b>Fitness</b>	All	
<b>Kenneth C. Aitken Senior &amp; Community Center</b> 17800 Redwood Rd. Castro Valley, CA 94546 (510) 881-6738	<b>Fitness after 50, Keep Fit Exercises, Tai Chi, Line Dancing, Ballroom Dance, Yoga, Badminton</b> Hayward Area Recreation and Park District Senior Programs	Senior Citizens	Varies, Call for info and schedule
<b>DUBLIN</b>			
<b>Curves For Women</b> 2217 San Ramon Valley Blvd. Dublin, CA (925) 743-8273	<b>Fitness</b>	Women	
<b>Fitness 2000</b> 7373 Village Pkwy. Dublin, CA (925) 556-1286	<b>Fitness</b>		
<b>One on One Personal Fitness Trainer</b> 6994 Village Pkwy. Dublin, CA (925) 803-9400			
<b>Velocity Sports Performance</b> 6270 Houston, Ste B Dublin, CA (925) 833-0100	<b>Conditioning</b>	Athletes	
<b>EMERYVILLE</b>			
<b>ALAMEDA ATHLETIC CLUB</b> 1226 Park Ave Emeryville, CA 94608 (510) 521-2001	<b>Fitness</b>	Adults	
<b>Bodytone Fitness Xpress</b> 1601 63rd Ste B Emeryville, CA 94608 (510) 595-3545	<b>Fitness</b>	Adults	

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>CURVES</b> 4550 San Pablo Ave Emeryville, CA 94608 (510) 601-6161	Fitness	Women	
<b>Emeryville Senior Center</b> 4321 Salem Street Emeryville, CA 94608 (510) 596-3730	Health and Fitness	Seniors	
<b>Head Over Heels</b> 1250 45TH STREET Emeryville, CA 94608 (510) 655-1265			
<b>Head Over Heels Gymnastics &amp; Circus</b> 1250 - 45th Street, Ste E Emeryville, CA 94608 (510) 655-1265 O (510) 594-1997 F www.mindspring.com/~hohgymnastics	<b>Gymnastics</b> Gymnastics classes; gymnastics teams; circus classes; Year-round; English & Spanish	2 yrs and up	Varies depending of number of sessions per week, age and type of session
<b>Mavericks Sports Club</b> 6005 Shellmound St. Emeryville, CA 94608 (510) 597-8200	Fitness	Adults	
<b>Namaste Personal Training</b> 1240 POWELL STREET Emeryville, CA 94608 (510) 059-5682	Fitness	Adults	
<b>FREMONT</b>			
<b>Curves</b> 39370 Civic Center Dr. Ste. G Fremont, CA (510) 494-8777	Fitness	Women	
<b>Curves</b> 37643 Niles Blvd. Fremont, CA (510) 791-7348	Fitness	Women	
<b>Curves</b> 208 Francisco Ln Fremont, CA (510) 623-1000	Fitness	Women	
<b>Sensor Dynamics</b> 4568 Enterprise Wy Fremont, CA (510) 623-1459			
<b>HAYWARD</b>			
<b>Bay Area Bodybuilding</b> 924 A St. Hayward, CA 94541 (510) 886-2700			
<b>Curves</b> 26775P Hayward Bl Hayward, CA (510) 690-9442	Fitness	Women	



# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Curves</b> 780 B St Hayward, CA (510) 538-5588	<b>Fitness</b>	Women	
<b>Greater Hayward Area Rec &amp; Park District</b> 1099 E Street Hayward, CA 94541 (510) 881-6700 www.hard@haywardrec.org	<b>Recreational Activities</b> Various recreational activities for fitness and fun	4-14 yrs.	Varies by activity
<b>Greater Hayward Area Rec &amp; Park District</b> 1099 E Street Hayward, CA 94541 (510) 888-0100	<b>Recreational Activities</b> Various recreational activities for fitness and fun	Teens	Varies by activity
<b>Hayward Area Parks &amp; Recreation</b> 1099 E Street Hayward, CA 94541 (510) 881-6703	<b>Swim classes, water fitness, water aerobics, lap swim</b> Year round swim at Hayward Plunge, plus 4 seasonal swim centers		Call for fees and schedule
<b>Hayward Area Parks &amp; Recreation</b> 1099 E Street Hayward, CA 94541 (510) 881-6723	<b>Tai Chi, Fit N Trim, Yoga, Aerobics</b> Classes offered at: Castro Valley Community Center, Kenneth C. Aitken Senior & Community Center, San Felipe Community Center and San Lorenzo Park Recreation Center		Call for fees and schedule
<b>Hayward Area Parks &amp; Recreation</b> 1099 E Street Hayward, CA 94541 (510) 881-6700	<b>Recreational Tennis for all ages, (40 lighted courts-10 locations)</b>		Call for information
<b>Hayward Area Senior Center</b> 22325 North Third Street Hayward, CA 94565 (510) 881-6766			
<b>Hayward Plunge</b> 24176 Mission Blvd. Hayward, CA 94541 (510) 881-6703	<b>Swimming, diving, water fitness</b> Indoor swim center, swim lessons, springboard diving, competitive swimming, water fitness, water aerobics classes, lifeguard training.	12-35 months must be with parent	\$26-\$50 depending on class; (\$7.50/class additional if non-resident)
<b>Mall Walking Program</b> Hayward, CA (510) 782-5050	<b>Mall Walking, body shaping</b> Organized Mall Walk, Body shaping, includes warm up, stretching, weights, BRING OWN MAT	Senior Citizens, all ages	Seniors 50 yrs up, Under 50 \$10/4 months.
<b>US Karate School for the Arts &amp; Boxing</b> 20613 Mission Blvd. Hayward, CA 94541 (510) 317-8825	<b>Boxing, Martial Arts, Karate</b> Group Classes: Mon/Wed 5-6pm Boxing 6-7pm Karate 7pm Teen Boxing Tue/Thu 5-6:30 pm Teen Boxing 6:30-7:30 Teen Martial Arts Year-round; English & Spanish	5 yrs and up	\$25 Registration Fee \$75/month for 1 sport

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<b>YMCA of Hayward</b> 951 Palisade St Hayward, CA 94542 (510) 247-8284	<b>Basketball, soccer, Junior warrior</b> Provides physical activity programs; seasonal	4-17 yrs.	
<b>LIVERMORE</b>			
<b>24 Hour Fitness</b> 1456 Railroad Ave Livermore, CA (925) 447-4496	<b>Fitness</b>	Adults	
<b>Carol Jean Dance Studio</b> 2121 Railroad Ave. Livermore, CA (925) 447-3535			
<b>Curin Lee Dancers</b> 136 Maple Livermore, CA (925) 447-4994			
<b>EAAB's Fitness &amp; Self Defense</b> 4630 Gerrilyn Way Livermore, CA (925) 447-6400			
<b>Liberty Fitness Center for Women</b> 4070 East Ave. Livermore, CA (925) 454-0405			
<b>Livermore Kempo Karate</b> 2781 First St. Livermore, CA (925) 443-3920			
<b>T Kane's Kung Fu and Karate</b> 1098 E. Stranley Bl. Livermore, CA (925) 606-7700			
<b>The Body Mechanic</b> 3545 South I Livermore, CA (925) 449-4490	<b>Exercise &amp; Physical Fitness</b>		
<b>Wings USA Sports Acrobatics and Tumbling Club</b> 6430 Preston Ave Livermore, CA (925) 454-0780			
<b>OAKLAND</b>			
<b>24 Hour Fitness</b> 2050 Webster St Oakland, CA (510) 433-1140			
<b>A Woman's Choice</b> 4400 Keller Ave Oakland, CA (510) 382-1341			

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Adopt a Swimmer Program-City of Oakland</b> 568 Belleview Avenue Oakland, CA 94610 (510) 238-2196	<b>Swimming</b> Swim classes, Junior Lifeguard Program, Competitive Swim Team, Year-round, English, Spanish & Vietnamese at some locations	Youth 7-18 years Infants: 6 mos-2 1/2 yrs, Toddler 3-6 years Basic emergency water safety 12-15 yrs.	\$20/program; Scholarships avail; Free to low-income
<b>B.A.R.O.N.S. Bridges Youth Services</b> 7200 Bancroft Ave., #265 Oakland, CA 94605 (510) 635-2242	<b>Martial Art; Tennis</b> Martial Art-Karate; Tennis Classes; English & Spanish	Youth all ages	Free
<b>Babe Ruth Baseball League</b> P.O. Box 27549 Oakland, CA 94602 (510) 639-7792	<b>Baseball</b> Baseball League (60 teams in age group) Seasonal	5-15 yr olds	\$75 for season (includes insurance and operation costs)
<b>Boys and Girls Club of Oakland</b> P.O. Box 23203 Oakland, CA 94623 (510) 444-8211	<b>Basketball, football, mini soccer, kick ball</b> Various sports	6-15 yrs.	\$10-15/yr. Scholarships available.
<b>Boys and Girls Club of Oakland</b> 8530 International Blvd Oakland, CA (510) 638-1532	<b>Recreation</b>	6-15 yrs.	
<b>Boys and Girls Club of Oakland</b> 6809 Brentford Oakland, CA (510) 635-4975	<b>Recreation</b>	6-15 yrs.	
<b>Boys and Girls Club of Oakland</b> 1327-65th Ave Oakland, CA (510) 638-8991	<b>Recreation</b>	6-15 yrs.	
<b>Boys and Girls Club of Oakland</b> 4801 Shattuck Ave. Oakland, CA (510) 654-0307	<b>Recreation</b>	6-15 yrs.	
<b>Boys and Girls Club of Oakland</b> 920-24th Street. Oakland, CA (510) 272-9929	<b>Recreation</b>	6-15 yrs.	
<b>Boys and Girls Club of Oakland</b> 800 Willow St Oakland, CA (510) 834-7010	<b>Recreation</b>	6-15 yrs.	
<b>Catholic Diocese of Oakland</b> 3014 Lakeshore Ave. Oakland, CA (510) 893-5154	<b>Sports teams for youth, boys &amp; girls basketball, boys' &amp; girls track &amp; field, girls volleyball, boys &amp; girls' cross country, girls softball</b> Sports teams for youth, boys' & girls' seasonal during school year; must attend Catholic parishes & schools	Catholic youth 6-18yrs	Varies by sport
<b>Citi Center Dance Theater</b> 1428 Alice St. 2nd Fl. Oakland, CA 94612 (510) 451-1230 O (510) 451-1238 F	<b>Dance</b> Multi ethnic/African focus dance studio: hip-hop, West African, Congolese, Afro-Samba, Cuban, Salsa, Jazz, Capoeira, etc. Over 200 instructors	All-2yrs up	\$10/class

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<b>City-Wide Sports</b> 1520 Lakeside Drive Oakland, CA 94612 (510) 238-3494	<b>Men's Basketball, Women's Basketball &amp; Volleyball, Co-ed Volleyball, Basketball League</b> Men & women's sports, co-ed sports.	Adult men & women	Call for fees
<b>Curves</b> 5665 College Ave Oakland, CA 94618 (510) 655-8808	<b>Fitness</b>	Women	
<b>Curves For Women</b> 1333 Grand Ave Oakland, CA 94610 (510) 428-2125	<b>Fitness</b>	Women	
<b>Curves Rockridge</b> 5665 College Ave Oakland, CA 94618 (510) 655-8808	<b>Fitness</b>	Women	
<b>Curves Trestle Glen</b> 2706 Park Blvd Oakland, CA 94606 (510) 645-1101	<b>Fitness</b>	Women	
<b>Curves-Fruitvale</b> Oakland, CA (510) 532-8933	<b>Fitness</b>	Women	
<b>Dance for Power</b> 3616 Lakeshore Avenue. Oakland, CA 94610 (510) 465-9312	<b>Dance</b> World dance and music performers.		
<b>Destiny Arts Center</b> 5688 San Pablo Ave. Oakland, CA 95608 (510) 597-1619 www.destinyarts.org	<b>Dance, martial arts, self-defense</b> Empowers youth through arts education and violence prevention in an environment promoting peace. Award-winning tournament team, performance troupes		
<b>East Oakland Youth Development Center</b> 8200 International Blvd Oakland, CA 94621 (510) 569-8089 O (510) 632-6942 F eoydc@aol.com	<b>Basketball, martial arts, track &amp; field</b> Physical Development: basketball, martial arts, track & field; Year-round; English & Spanish	6 yrs and up	No Cost
<b>Fighting Arts</b> 3224 Grand Ave. Oakland, CA 94610 (510) 893-7640	<b>Martial Arts</b>		
<b>Inside Out</b> 4444 Piedmont Ave Oakland, CA 94611 (510) 655-8308			
<b>Jack London Aquatic Center</b> 115 Embarcadero Oakland, CA 94606 (510) 208-6060			

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Kids in Motion Gymnastics</b> 4137 Piedmont Ave. Oakland, CA 94611 (510) 601-8424	<b>Gymnastics</b> Gymnastics classes using elements of play motor development,, camps, parties; 8 wk sessions year-round	20 months and up	Varies depending of number of sessions per week, age and type of session
<b>Kings Boxing Gym</b> 8843 - 35th Ave. Oakland, CA 94601 (510) 261-2199	<b>Boxing Training</b> Boxing Training; English, Spanish, Russian; Year-round	14 yrs & up	\$55/mo. With professional trainer; (group rates avail. Upon request)
<b>Ladies Workout Express</b> 5418 College Ave Oakland, CA 94618 (510) 601-0458			
<b>Lake Merritt Boating Center</b> 368 Bellevue Ave. Oakland, CA 94610 (510) 238-2196 www.oaklandnet.com	<b>Boating activities</b> Boating Activities; Lessons summer seasons	7 yrs & up	Varies depending on activity
<b>Laurel Jujitsu Women's Self-Defense</b> 4148 MacArthur Blvd. Oakland, CA 94579 (510) 530-5043	<b>Self-defense classes</b>	Women, girls	
<b>Mills College Summer Arts Program</b> 5000 MacArthur Blvd. Oakland, CA 94613 (510) 430-2173	<b>Sports courses; swimming lessons</b> Sports courses; swimming lessons in 2 three week sessions during summer; Seasonal; 1/2 day and full day plans available	6- 12 yrs	Varies by class
<b>Native American Community Cluster</b> 3124 International Blvd Oakland, CA 94601 (510) 535-4400	<b>Team athletics; aerobics; step classes; stretch classes</b> 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
<b>Native American Community Cluster</b> 522 Grand Ave Oakland, CA 94601 (510) 535-4400	<b>Team athletics; aerobics; step classes; stretch classes</b> 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
<b>Native American Community Cluster</b> 3637 Magee Oakland, CA 94601 (510) 535-4400	<b>Team athletics; aerobics; step classes; stretch classes</b> 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Native American Community Cluster</b> 11850 Campus Drive Oakland, CA 94601 (510) 535-4400	<b>Team athletics; aerobics; step classes; stretch classes</b> 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
<b>Native American Community Cluster</b> 405-14th Street Oakland, CA 94601 (510) 535-4400	<b>Team athletics; aerobics; step classes; stretch classes</b> 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
<b>North Oakland/South Oakland Little League</b> P.O. Box 11383 Oakland, CA 94611 (510) 466-5250	<b>Baseball</b> Baseball for youth; two divisions; 20 game season at public school fields and Parks and Recreation locations in Oakland and Berkeley	Boys & girls 7-16 yrs.	
<b>Oakland Ballet Academy</b> 2968 MacArthur Blvd Oakland, CA 94602 (510) 530-7516	<b>Ballet dance classes</b> Pre-ballet classes 4-6 yrs; Beginning ballet 7 yrs and up; English	4-18 yrs	Fee based; scholarships available
<b>Oakland City Stables</b> 13560 Skyline Blvd Oakland, CA 94619 (510) 430-9510	<b>Horseback riding</b> Horseback riding lessons-groups	8 yrs and up	\$15/session Saturdays; \$35/private session by appointment
<b>Oakland Ice Center-Hockey</b> 519 - 18th St Oakland, CA 94612 (510) 268-9000	<b>Ice skating; Hockey</b> Ice skating rink Hockey league and lessons	4 yrs and up	\$9 - Children 12 pm-5pm; \$10 - Adults 12pm-5pm; \$66 for 6 weeks
<b>Oakland Ice Center-Skating</b> 519 - 18th St Oakland, CA 94612 (510) 268-9000	<b>Ice skating; Figure Skating</b> Ice skating rink ; Skating lessons	4 yrs and up	\$90 for 30 minute sessions; \$100 for 45 minute sessions; Includes practice sessions, free skate rental, \$1 off public session
<b>Oakland Kaiser Permanente</b> Oakland, CA (510) 752-1075 (510) 752-6150	<b>Tai Chi, Feldenkrais Method-Awareness Through Movement, Yoga-for Chronic Pain and Physical Limitations and Health</b> Behavioral Health, Health Education	General Public	Call for fees
<b>Oakland Office of Parks &amp; Recreation</b> 3860 Hanley Road Oakland, CA	<b>Variety of Sports and Recreation Programs</b> Lap Swim, Water Aerobics	All ages	Adults-\$2.50; Seniors-\$1.25



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<b>Oakland Office of Parks &amp; Recreation</b> 2607 Myrtle Street Oakland, CA (510) 879-8050	<b>Variety of Sports and Recreation Programs</b> Lap Swim, Water Aerobics	All ages	Adults-\$2.50; Seniors-\$1.25
<b>Oakland Office of Parks &amp; Recreation</b> 371 45th Street Oakland, CA (510) 597-5013	<b>Variety of Sports and Recreation Programs</b> Lap Swim, Water Aerobics	All ages	Adults-\$2.50; Seniors-\$1.25
<b>Oakland Office of Parks and Recreation</b> 1520 Lakeside Drive Oakland, CA 94612 (510) 238-3495 www.oaklandnet.com	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 3711 Suter St. Oakland, CA (510) 535-5635	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 7701 Krause Ave Oakland, CA (510) 615-5755	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 2535 High St. Oakland, CA (510) 535-5632	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 9175 Edes Ave. Oakland, CA (510) 615-5959	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 560-59th St Oakland, CA (510) 597-5031	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.

# Physical Activity Resources • Alameda County

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<b>Oakland Office of Parks and Recreation</b> 1637 Fruitvale Ave Oakland, CA (510) 535-5631	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 1651 Adeline St. Oakland, CA (510) 238-7739	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 3860 Hanly Road Oakland, CA (510) 482-7831	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 1969 Park Blvd. Oakland, CA (510) 238-7742	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 1010-E 15th St. Oakland, CA (510) 238-7741	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 1075-62nd Oakland, CA (510) 597-5032	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 250-10 St. Oakland, CA (510) 238-7738	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Oakland Office of Parks and Recreation</b> 2701-22nd Ave. Oakland, CA (510) 535-5625	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 6300 Moraga Ave. Oakland, CA (510) 482-7812	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 3612 Webster St. Oakland, CA (510) 597-5038	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 935 Union St. Oakland, CA (510) 832-3314	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 2521 High St. Oakland, CA (510) 535-5657	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 3131 Union St. Oakland, CA (510) 597-5042	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 5800 International Blvd. Oakland, CA (510) 615-5751	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Oakland Office of Parks and Recreation</b> 3883 Aliso Ave. Oakland, CA (510) 482-7827	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 1701-E 19th St. Oakland, CA (510) 535-5608	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 247 Marlow Dr. Oakland, CA (510) 638-7190	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 365-45th St Oakland, CA (510) 597-5027	<b>Variety of Sports and Recreation Programs</b> Aerobics, Yoga, Morning & evening classes. Recreation Center	All ages	\$45/month
<b>Oakland Office of Parks and Recreation</b> 975-85th Ave. Oakland, CA (510) 615-5764	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Office of Parks and Recreation</b> 9600 Sunnyside St. Oakland, CA (510) 615-5758	<b>Variety of Sports and Recreation Programs</b> After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
<b>Oakland Robinson Baker YMCA</b> 3265 Market St Oakland, CA 94608 (510) 654-9622	<b>Basketball, swimming, structure play</b> Physical Activities for K-3rd grade 7am-8:30am; After school program for 5th and 6th graders from 2:45pm-6pm; Activities-basketball, swimming structure play; year-round	Kindergarten to teen	Membership: \$7/mo; \$35/year
<b>Oakland Senior Centers</b> 5714 Martin Luther King Jr. Way Oakland, CA 94609 (510) 597-5085	<b>Exercise class, Flamenco Dance, Tai Chi, Line Dance, Yoga</b> Physical activities for seniors. Morning, mid day and after hours.	Senior Citizens	Varies by activity, \$5.50/8weeks of class or donation. Membership fee additional
<b>Piedmont Pilates Plus</b> 4131 1-2 Piedmont Ave Oakland, CA 94611 (510) 420-1412			

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Pitt's Martial Arts Academy</b> 3298 Lakeshore Ave. Oakland, CA 94610 (510) 836-4929 Pmaa1@aol.com www.kpmaa.com	<b>Martial Arts</b> Martial Arts: capoeira, chi gung, judo/jujitsu/masters seminars, tae kwon do, cardio karate, escrima, kajukenbo, self-defense, tai chi, cardio kickboxing, samba; special classes for age 3yrs-6yrs; Women's self defense	3 yrs and up	Introductory lesson: \$99/mon; \$5 drop-in Fees after introductory class vary depending upon the specific class you choose and frequency of training.
<b>San Kil Tang so Do - Martial Arts</b> 6312 Hertzog St. Oakland, CA 94608 (510) 652-6434	<b>Martial Arts</b>		
<b>Sports for Kids</b> 510 Third Street #102 Oakland, CA 94607 (510) 893-4181 O (510) 893-4378 F info@sports4kids.org	<b>Various youth sports</b> Creates and enhances youth sports opportunities. Uses sports to teach and encourage teamwork, self-confidence and health. Works with East Bay elementary schools to provide sports programming during and after school. Year-round. Contact agency for foreign language availability. Several locations.	Kindergarten-5th graders	No Charge
<b>Team-Up for Youth</b> 310 Eighth St., Ste. 300 Oakland, CA 94607 (510) 663-9200 www.info@teamupforyouth.org	Supports, strengthens, expands youth sports opportunities. Ensures quality sports opportunities.		
<b>Walking Tours</b> Oakland, CA (510) 238-3234 <a href="http://www.oaklandnet.com/community/walking_tours/tour_front2.html">http://www.oaklandnet.com/community/walking_tours/tour_front2.html</a>	90-minute guided walking tour of Oakland sites. Start 10 am in front of City Hall. Year-round. CALL FOR APPOINTMENT		
<b>Wang's Therapeutic Medical Exercise &amp; R Research Center</b> 1445 Franklin St Oakland, CA 94612 (510) 893-4748			
<b>West Oakland YMCA</b> 3692 Market Street Oakland, CA 94608 (510) 654-9622	<b>Various physical activities on play ground</b> 2 physical activities programs for Oakland city school children: 9am-noon: play ground w/sand box, climbing structure, basketball game, swim pool-during spring season 12:30-6pm: basketball, badminton, soccer, track ball, climbing structure	Kindergarten-3rd grade	\$1-2/day; sliding scale-pre-school program; \$50/mon after school program
<b>Working Body Sports Chiropractic &amp; Fitness Center</b> 614 Grand Ave Oakland, CA 94610 (510) 286-8100			

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>YMCA of the East Bay</b> 2350 Broadway Oakland, CA 94612 (510) 451-9622	<b>Basketball, football, play ground, sand boxes</b> Develops strength in youth, families and communities through programs and provides services that teach/train individuals to accept and respect others, demonstrate honest, care and responsibility of character. Year-round. English, Spanish, Chinese	All ages	\$35 Join fee; \$59/mo for Kaiser member; \$99 Join fee, \$59/mo reg. member; Fin aid avail.
<b>YWCA of Oakland</b> 1515 Webster St Oakland, CA 94612 (510) 451-7900 O (510) 832-1159 F 222.lprambo@ywcaoakland.org	<b>Tai chi, yoga, swim, Hawaiian dance, West African Dance, Salsa Dance</b> Health and fitness programs; Year-round	10 yrs and up	\$35/year; \$8/class w/membership; \$10/class without membership
<b>PLEASANTON</b>			
<b>24 Hour Fitness</b> 5860 W. Las Positas Pleasanton, CA (925) 463-1515	<b>Fitness</b>	Adult	
<b>Body Balance-Massage &amp; Fitness</b> 164 Ray St Pleasanton, CA (925) 482-1614			
<b>Jamie's Dance Company</b> 3688 Washington Pleasanton, CA (925) 428-0158			
<b>Joe's Taekwon-Do</b> 6654 Koll Center Pkwy Pleasanton, CA (925) 484-0380			
<b>Play It Again Sports</b> 5548 Springdale Ave Pleasanton, CA (925) 734-6750	<b>Recycled Sports Equipment</b>		
<b>Schoeber's Athletic Club</b> 5341 Owens Ct. Pleasanton, CA (925) 463-0950			
<b>SAN LEANDRO</b>			
<b>24 Hour Fitness</b> 304 Bay Fair Mall San Leandro, CA 94578 (510) 278-9744	<b>Fitness</b>	Adults	
<b>Aikido of San Leandro</b> 1033 MacArthur Blvd San Leandro, CA 94577 (510) 430-2518	<b>Martial Arts</b> Self-defense and yoga classes		
<b>B*Dazzled Dancers</b> 1715 - 150th Ave San Leandro, CA 94578 (510) 278-9035	Jazz, tap, hip hop, and creative dance classes		



# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Bally Total Fitness</b> 555 Floresta Blvd San Leandro, CA 94578 (510) 351-7579	<b>Fitness</b> Club, personal training, total fitness, group exercise	Adults	
<b>Bay O Vista Family Fitness, Swimming &amp; Tennis Club</b> 1881 Astor Drive San Leandro, CA 94577 (510) 357-8366			
<b>Boys and Girls Club</b> 15980 Marcella San Leandro, CA 94578 (510) 278-5745	<b>Basketball Hoops, physical activity programs</b> Sports, social & physical activity programs; hoops outdoor basketball; in-door gym available Mon-Fri 2-6pm; Year-round except summers; English & Spanish	6-13 yrs	\$20/year
<b>Butterfly Life</b> 15071 E. 14th Street San Leandro, CA 94578 (510) 278-7798	<b>Exercise, health and nutrition</b> Fitness franchise specifically for women. Each location provides women with direct access to leading industry experts in the areas of fitness, nutrition, psychology, beauty and fashion. Panel of experts created simple and effective exercise and nutritional programs geared to help every woman achieve personal success and inner health and beauty. For working women, women with children, and any woman looking for a supportive environment in which to lose weight and gain more self-confidence.		
<b>Butterfly Life Fitness Center</b> 15071 E. 14th St. San Leandro, CA 94578 (510) 278-7798			
<b>Conservatory of Classical Ballet</b> 1035 MacArthur Blvd. San Leandro, CA 94577 (510) 568-7728	<b>Dance</b> Ballet instruction	3 yrs to adult	
<b>Curves</b> 13750 Doolittle Dr San Leandro, CA (510) 351-0111	<b>Fitness</b>	Women	
<b>Curves</b> 15938 Hesperian Blvd San Leandro, CA (510) 481-0111	<b>Fitness</b>	Women	
<b>Curves</b> 308 Davis St. San Leandro, CA 94577 (510) 352-1662	<b>Fitness</b>	Women	
<b>Dance Classe</b> 1793 Washington Ave San Leandro, CA 94577 (510) 483-6838	<b>Dance</b> Jazz, tap, ballet classes		

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>DC Dance Center</b> 1555 Washington Ave. San Leandro, CA 94577 (510) 352-2800	<b>Dance</b> Jazz, tap, ballet classes		
<b>Dean's Gymnastics</b> 14055 Washington Ave San Leandro, CA 94578 (510) 352-4199	<b>Gymnastics</b> Youth gymnastics classes	youth	
<b>Dina Star Dancers</b> 977 Manor Blvd. San Leandro, CA 94579 (510) 483-9450	<b>Dance</b> Tap, jazz, tumbling, Hawaiian, Tahitian dance classes	3 yrs to adult	
<b>Girls Inc. of Alameda County</b> 13666 E 14th St. San Leandro, CA 94578 (510) 357-5515 ext. 36	<b>Exercise, Tai Chi, Hip Hop, Cardiovascular and resistance machines, kickboxing, strength training, Off-site adventures have included rock climbing and sailing.</b> Fitness Center, all-girl environment. Equipped with cardiovascular and resistance training machines, and assortment of free-weights.	girls ages 11-18	The Fitness Center is open to all girls at no cost once they have completed a brief orientation. Orientation appointments can be made by calling the Fitness Center Coordinator. For an annual membership fee, the Fitness Center is open to adult women.
<b>Halau O Ka Ua Lilihua</b> 1555 Washington Ave. San Leandro, CA 94577 (510) 357-9637	<b>Traditional Hawaiian dance</b>		
<b>Java Gym</b> 645 Bancroft Av San Leandro, CA (510) 635-2822	<b>Fitness</b>	Adults	
<b>Jazzercise</b> 1369 Macarthur Blvd San Leandro, CA 94577 (510) 483-1233			
<b>Korean Martial Arts Center</b> 15008 Farnsworth San Leandro, CA 94579 (510) 667-9423	<b>Martial Arts</b> Self-defense classes		
<b>Kuk Sool Won</b> 17321 Hesperian Blvd. San Leandro, CA 94579 (510) 276-3834	<b>Martial Arts</b> Self-defense classes	Men, women, teens, kids	
<b>Ladies Workout Express</b> 699 Lewelling Blvd. Ste. 296 San Leandro, CA (510) 276-0156	<b>Circuit training, Exercise, Weight training</b> Women only franchise. American Heart Association Approved, Award winning weight loss system	Women	
<b>Liberty Fitness</b> 1260 Davis St. San Leandro, CA 94577 (510) 777-1025	<b>Fitness</b>	Women	

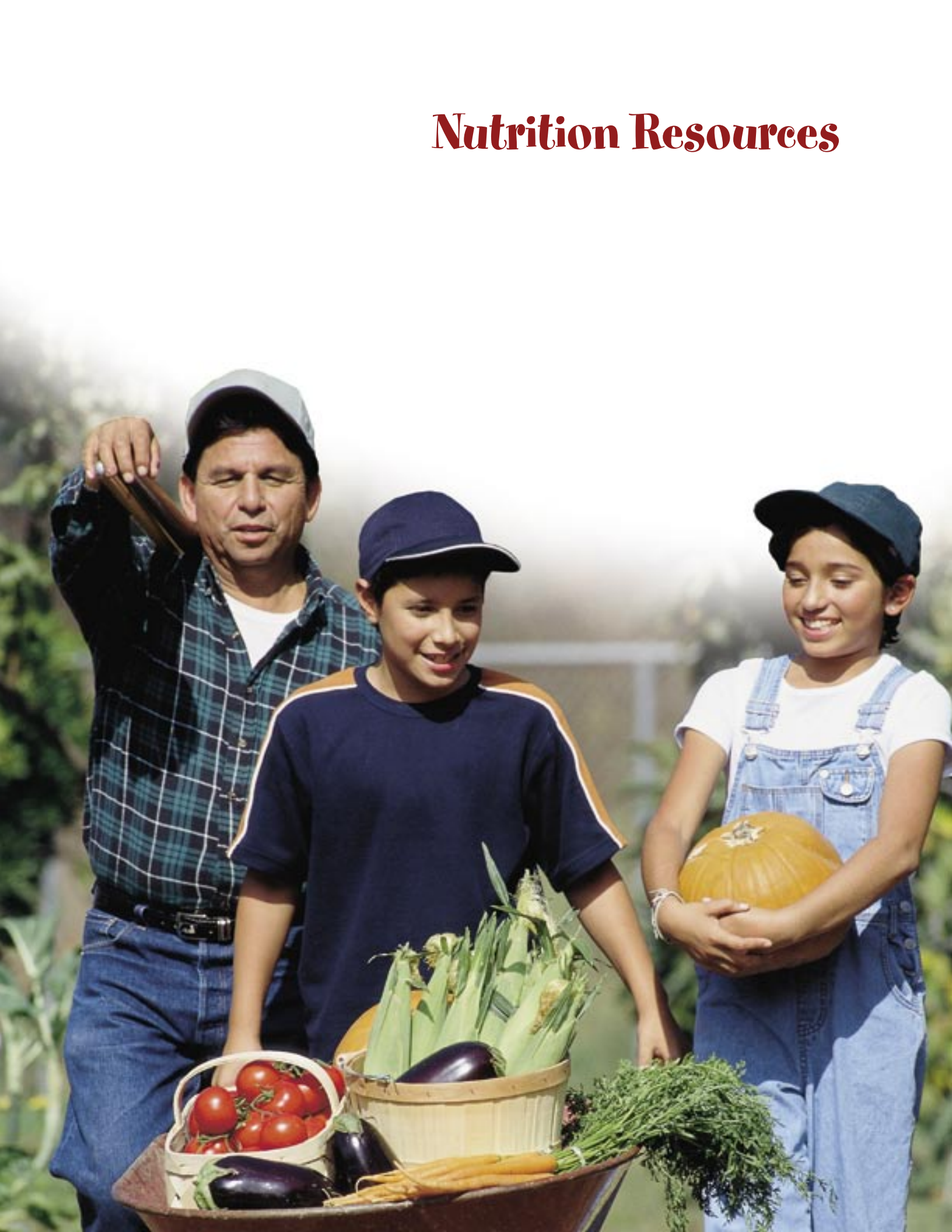
# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Los Ayres Dance Studio</b> 1991 Bancroft Ave. San Leandro, CA 94577 (510) 483-2566	Pre-ballet, classical ballet, jazz dance classes		
<b>Mall Walking Program</b> San Leandro, CA (510) 357-6000	<b>Mall Walking, Line Dancing, Tai Chi</b> Mall Walking, Gold Key Club Events (Senior Citizen Program); "Senior Fit Walk", Tai Chi, Line Dancing	Senior Citizens	
<b>Nautilus Health Club</b> 15555 E 14th St. San Leandro, CA 94578 (510) 278-9744	<b>Fitness</b>	Adults	
<b>North America Martial Arts Academy</b> 14799 Washington Ave San Leandro, CA 94578 (510) 895-8393			
<b>Pallen's Martial Arts</b> 13730 Doolittle Drive San Leandro, CA 94577 (510) 483-6560			
<b>PSY Health Town</b> 14075 E 14th St. San Leandro, CA 94578 (510) 346-0061			
<b>San Leandro Jazzercise</b> 1369 Macarthur Blvd San Leandro, CA 94577 (510) 483-1233			
<b>San Leandro Parks &amp; Recreation</b> 835 E. 14th St. San Leandro, CA 94517 (510) 577-3462	<b>Wide Variety of Sports and Fitness</b>	All ages	Varies
<b>San Leandro Racquet Club</b> 2600 San Leandro Blvd. San Leandro, CA 94578 (510) 357-7131			
<b>Walts Health Club</b> 1660 Washington Ave. San Leandro, CA 94577 (510) 351-1830			
<b>UNION CITY</b>			
<b>Curves</b> 3920 Smith St Union City, CA (510) 487-2878	<b>Fitness</b>	Women	
<b>Curves</b> 2621 Decoto Rd Union City, CA (510) 487-4222	<b>Fitness</b>	Women	

# Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>MISCELLANEOUS</b>			
<b>BAKA</b> (510) 684-4300	<b>Dance</b> Capoeria group		
<b>Biking Routes</b> <a href="http://www.oaklandpw.com/images/bicycling/BMP_final.pdf">http://www.oaklandpw.com/images/bicycling/BMP_final.pdf</a>	<b>Bicycling</b> Map of biking routes.		
<b>Together Everyone Achieves More (TEAM)</b> (510) 251-9545	<b>Farming, performing arts</b> Provides opportunities to work on farms.		
<b>UC-Berkeley Camps</b> (510) 643-CAMP <a href="http://www.oski.org">www.oski.org</a>	<b>Football, baseball, soccer (men's and women's), track and field (coed), basketball (men's and women's)</b> Sports camps		Fees vary

# *Nutrition Resources*



# Nutrition Resources • Alameda County

## Selected Food Resources, Alameda County

PROGRAM/ ORGANIZATION	CONTACT	WEBSITE
<b>PUBLIC HEALTH RESOURCES</b>		
<b>Alameda County Diabetes Program</b>	Eastmont Wellness Center 7200 Bancroft Ave. #202 Oakland, Ca 94605 (510) 383-5185	<a href="http://www.acgov.org/publichealth">www.acgov.org/publichealth</a>
<b>Alameda County Public Health Department</b>	1000 Broadway, Suite 500 Oakland, CA 94607 (510) 267-8000	<a href="http://www.acphd.org">www.acphd.org</a>
<b>WIC RESOURCES</b>		
<b>Alameda County Health Care Services Agency</b>	3600 Telegraph Ave. Oakland, Ca 94609 (510) 595-6400	n/a
<b>Axis Community Health</b>	4361 Railroad Ave. Pleasanton, Ca 94566 (925) 462-2365	<a href="http://www.axishealth.org">www.axishealth.org</a>
<b>La Clinica De La Raza</b>	Fruitvale Health Project, Inc. 2761 International Blvd. Oakland, Ca 94601 (510) 535-4116	<a href="http://www.laclinica.org">www.laclinica.org</a>
<b>Native American Health Center</b>	3124 International Blvd. Oakland, Ca 94601 (510) 535-4420	<a href="http://www.nativehealth.org">www.nativehealth.org</a>
<b>Tiburcio Vasquez Health Center, Inc.</b>	1328 Decoto Rd. Union City, Ca 94587 (510) 471-5913	<a href="http://www.tvhc.org">www.tvhc.org</a>
<b>West Oakland Health Center</b>	700 Adeline Street Oakland, Ca 94607 (510) 302-3734	n/a
<b>FOOD PANTRIES</b>		
<b>American Red Cross Bay Area</b>	415 Stardust Place, #613 Alameda Point, Alameda 94501	n/a
<b>Alameda Food Bank</b>	1900 Thau Way Alameda, Ca 94501 (510) 523-5850	<a href="mailto:alamedafoodbank@alamedanet.net">alamedafoodbank@alamedanet.net</a>
<b>Allen Temple Baptist Church</b>	1350 86 <sup>th</sup> Ave. Oakland, Ca 94621 (510) 544-8910	<a href="http://www.allen-temple.org">www.allen-temple.org</a>
<b>Berkeley Food Pantry</b>	1600 Sacramento Street Berkeley, Ca 94702 (510) 525-2280	n/a
<b>Emeryville Community Action Program</b>	3610 San Pablo Ave. Emeryville, Ca 94608 (510) 652-8422	<a href="http://www.ecap.info/">www.ecap.info/</a>
<b>Good Samaritan Home</b>	1615 10 <sup>th</sup> Ave. Oakland, 94606 (510) 536-9750	n/a



## Nutrition Resources • Alameda County

PROGRAM/ ORGANIZATION	CONTACT	WEBSITE
Grace Baptist Church	936 Channing Way Berkeley, Ca 94710 (510) 549-1094	n/a
Harbor House	1811 11 <sup>th</sup> Ave. Oakland, Ca 94606 (510) 534-0165	<a href="http://www.hhministries.org">www.hhministries.org</a>
Harvest House Church	42055 Blacow Rd. Fremont, Ca 94538 (510) 656-2335	<a href="http://www.harvesthousechurch.org">www.harvesthousechurch.org</a>
Interfaith Sharing Inc.	St Bartholomews Church 678 Enos Way Livermore, Ca 94550	n/a
La Familia Counseling Service Family Resource	27287 Patrick Ave. Hayward, Ca 94544 (510) 881-5921	<a href="http://cecp.air.org">http://cecp.air.org</a>
Lake Merritt United Methodist Church	1330 Lakeshore Ave. Oakland, Ca 94606 (510) 465-4793	<a href="http://www.lakemerrittumc.org">www.lakemerrittumc.org</a>
Liberty Hill Missionary Baptist Church	997 University Ave. Berkeley, Ca 94710 (510) 848-3855	<a href="http://www.libertyhillbaptistchurch.org">www.libertyhillbaptistchurch.org</a>
Project Outreach, Inc.	5802 Foothill Blvd. Oakland, Ca. 94621 (510) 382-1360	n/a
Salvation Army – Hayward	430 A Street Hayward, Ca 94544 (510) 581-6495	<a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a>
Salvation Army – Newark	36700 Newark Blvd. Newark, Ca 94560 (510) 793-6319	<a href="http://www.salvationarmy.org">www.salvationarmy.org</a>
Square Meals Project	601 Cedar Street Berkeley, Ca 94710	n/a
St. Mary's Center	635 22 <sup>nd</sup> Street Oakland, Ca 94612 (510) 893-4723	n/a
Taylor Memorial Church	1188 12 <sup>th</sup> St. Oakland, Ca 94607 (510) 444-6162	n/a
Telegraph Community Center	5316 Telegraph Ave. Oakland, Ca 94509 (510) 658-4457	n/a
Tri City Volunteers	37350 Joseph Street Fremont, Ca 94536 (510) 793-4583	<a href="http://www.volunteersolutions.org">www.volunteersolutions.org</a>
Tri Valley Haven	418 Junction Ave., Room 106 Livermore, Ca 94550 (925) 449-5842	<a href="http://www.trivalleyhaven.org">www.trivalleyhaven.org</a>

# *Internet Resources*



# Internet Resources • Alameda County

## Introduction

The Internet provides access to unlimited amounts of information and a great place to continue nutrition and physical activity research. A good Website contains accurate information from a reliable source and is continuously updated. However, it is always best to be cautious and critical when surfing the web. Please go to [www.ca5aday.com](http://www.ca5aday.com) for the most recent links to physical activity, nutrition, and food assistance resources.

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
<b>A to Z Fitness</b>	<a href="http://www.atozfitness.com">www.atozfitness.com</a>	A to Z fitness contains more than 1000 verified links to fitness and bodybuilding sites, new training and nutrition articles updated weekly. A free bulletin board monitored by five certified personal trainers to answer any questions.
<b>ABC's of Parenting</b>	<a href="http://www.abcparenting.com">www.abcparenting.com</a>	The ABC's of Parenting is part of the ParenthoodWeb.com websites. There are several links from ABC's of Parenting to other subjects, including caring for children, finances, fitness, nutrition and others.
<b>Active Living By Design</b>	<a href="http://www.activelivingbydesign.org">www.activelivingbydesign.org</a>	Seeks to increase physical activity by community design
<b>Active.com</b>	<a href="http://www.active.com">www.active.com</a>	Extensive on-line listings of local sports, recreation and events. A great place to find organized athletics in our neighborhood – beyond the common sports.
<b>Aim to Be Healthy</b>	<a href="http://www.aimtobehealthy.com">www.aimtobehealthy.com</a>	Awesome health through nutrition and fitness activities.
<b>America on the Move</b>	<a href="http://www.americaonthemove.org">www.americaonthemove.org</a>	A national initiative dedicated to helping individuals and communities across the nation make positive changes to improve health and quality of life. Offers a walking program with group coordination and logs.
<b>American Academy of Pediatrics</b>	<a href="http://www.aap.org">www.aap.org</a>	The organization is dedicated to the health of all children.
<b>American Alliance for Health, P.E. Recreation and Dance (AAHPERD)</b>	<a href="http://www.aahperd.org">www.aahperd.org</a>	Professional Research resource of health and fitness field.
<b>American Cancer Society</b>	<a href="http://www.americancancersociety.org">www.americancancersociety.org</a> <a href="http://www.cancer.org">www.cancer.org</a>	The American Cancer Society is an extensive network of services and organizations fighting cancer by providing education and support with resources for survivors, family, friends and professionals.
<b>American Cancer Society</b>	<a href="http://www.cancer.org">www.cancer.org</a>	For ACS guidelines on diet, nutrition and cancer support
<b>American College of Sports Medicine (ACSM)</b>	<a href="http://www.acsm.org">www.acsm.org</a>	Professional research resource of health and fitness field.
<b>American Council on Exercise</b>	<a href="http://www.acefitness.org">www.acefitness.org</a>	Professional research resource for health and fitness
<b>American Council on Science and Health</b>	<a href="http://www.acsh.org">www.acsh.org</a>	Professional research resource for health and fitness

# Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>	The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. The mission of the organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes.
American Dietetic Association (ADA)	<a href="http://www.eatright.org">www.eatright.org</a>	The ADA is the largest organization of food and nutrition professionals in the United States. You can find more in-depth information on any topic by using the site search engine or Find-a-Dietitian (listing of Registered Dietitians across the country).
American Diabetes Association	<a href="http://www.diabetes.org">www.diabetes.org</a>	Resources for the management of diabetes.
American Heart Association	<a href="http://www.americanheart.org">www.americanheart.org</a>	The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke.
American Running Association	<a href="http://www.americanrunning.org">www.americanrunning.org</a>	Running website.
Animal Trackers	<a href="http://www.healthy-start.com/prog_anim.html">www.healthy-start.com/prog_anim.html</a>	Activities for learning and practicing gross motor skills
Ask the Dietician	<a href="http://www.askthedietician.com">www.askthedietician.com</a>	Nutrition information
Bam! Body and Mind	<a href="http://www.bam.gov">www.bam.gov</a>	Geared for kids and features a physical activity section which includes free activity cards explaining a variety of sports and games
Bay Area Dietetic Association	<a href="http://www.dietitian.org">www.dietitian.org</a>	Nutrition information.
Bicycle Federation	<a href="http://www.bikefed.org">www.bikefed.org</a>	Bicycling website
Bicycle Federation – Pedestrian Issues	<a href="http://www.prowalk.org">www.prowalk.org</a>	Bicycling website
Bodybuilding	<a href="http://www.bodybuilding.com">www.bodybuilding.com</a>	One of the largest bodybuilding sites online.
California Center for Physical Activity	<a href="http://www.caphysicalactivity.org">www.caphysicalactivity.org</a>	The Center creates opportunities for everyday activity by connecting partners to active living resources and helping develop more walkable and bikable communities.
California Child Care Health Program	<a href="http://www.childcare.org">www.childcare.org</a>	Site offers training curricula for child care providers and reproducible parent handouts. Links to other sites available.
California Department of Health Services, Cancer Prevention and Nutrition Section	<a href="http://www.dhs.ca.gov/ps/cdic/cpns">www.dhs.ca.gov/ps/cdic/cpns</a>	Learning about the California Nutrition Network and California 5 a Day programs
California Dietetic Association (CDA)	<a href="http://www.dietitian.org">www.dietitian.org</a>	Registered dietitian referral service and a variety of articles for topics of interest available under "Food for Thought".
California Governor's Challenge of Physical Fitness and Sports	<a href="http://www.activeca.org">http://www.activeca.org</a>	Provides information on physical activity resources and information in California.
California Healthy Kids Resource Center	<a href="http://www.californiahealthykids.org">www.californiahealthykids.org</a>	Healthy Kids Resource Center offers free health instruction materials and links to other useful resources.

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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
California Nutrition Network for Healthy Active Families	<a href="http://www.dhs.ca.gov\ps\cdic\cpns">www.dhs.ca.gov\ps\cdic\cpns</a>	The California Nutrition Network is a partnership of over 200 public and private organizations seeking to achieve the goal of healthy eating and increased physical activity. It is the state's largest network of its kind targeted towards limited income consumers to promote positive health behavior change.
California Project Lean	<a href="http://www.californiaprojectlean.org">www.californiaprojectlean.org</a>	California Project Lean is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies and community based solutions. CPL's goal is to increase healthy eating and physical activity to reduce obesity.
California Task Force on Youth and Workplace Wellness	<a href="http://www.wellnesstaskforce.org/initiatives.html">www.wellnesstaskforce.org/initiatives.html</a>	Has made a commitment to support the integration of quality physical activity into the lives of every Californian.
CANFIT (California Adolescent Nutrition and Fitness Program)	<a href="http://www.canfit.org">www.canfit.org</a>	The CANFIT Program's mission is to engage communities and build their capacity to improve nutrition and physical activity status of California's low-income African American, American Indian, Latino, Asian American and Pacific Islander youth 10-14 years old.
Center for Disease Control – Nutrition and Physical Activity	<a href="http://www.cdc.gov/nccdphp/dnpa">www.cdc.gov/nccdphp/dnpa</a>	Professional research resource of health and fitness field.
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/nccdphp/dnpa/nutrition.htm">www.cdc.gov/nccdphp/dnpa/nutrition.htm</a>	Information about the importance of good nutrition and how to make healthy eating a part of your life
Cool Running	<a href="http://www.coolrunning.com">www.coolrunning.com</a>	This site has a kids' page, calendar of events, articles and a cyber mall. Runners and fitness buffs will enjoy browsing.
Dairy Council of California	<a href="http://www.dairycouncilofca.org">www.dairycouncilofca.org</a>	This site has information regarding nutrition and dairy products.
Dietary Guidelines for Americans 2005	<a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a>	Provides dietary guidelines for all individuals.
Early Childhood Development Guide and Activities	<a href="http://www.enfagrow.com">www.enfagrow.com</a>	Sponsored by Enfamil, this site offers developmental and nutrition information for parents and caregivers as well as age appropriate activities.
Early Childhood Education Web Guide	<a href="http://www.ecewebguide.com">www.ecewebguide.com</a>	This site provides childcare professionals with the most up-to-date internet resources. Great site with loads of information.
Eat Smart. Play Hard	<a href="http://www.fns.usda.gov/eatsmart-playhard">www.fns.usda.gov/eatsmart-playhard</a>	Increasing access to nutrition and physical activity resources.
ERIC EECE	<a href="http://www.ericps.ed.uicu.edu/eece/ed2link.html">www.ericps.ed.uicu.edu/eece/ed2link.html</a>	Clearinghouse of elementary and Early childhood Education. This site links to a huge variety of educational resources.
ESPN Play Your Way Program	<a href="http://disney.go.com/playyourway/index.html">http://disney.go.com/playyourway/index.html</a>	Youth fitness initiative that empowers kids ages 7 to 12 to get fit and remain physically active. Play your way encourages youth to develop games that can be played with traditional and non-traditional materials.
Exercise for Children	<a href="http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html">www.nlm.nih.gov/medlineplus/exerciseforchildren.html</a>	Professional research resource of health and fitness field.

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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
Exercise for Seniors	<a href="http://www.nlm.nih.gov/medlineplus/exercise/seniors.html">www.nlm.nih.gov/medlineplus/exercise/seniors.html</a>	Professional research resource of health and fitness field.
Exercise for Women	<a href="http://www.4woman.gov/faq/exercise/htm">www.4woman.gov/faq/exercise/htm</a>	National Women's Health Information Center website
EZYHealth	<a href="http://www.ezyhealth.com">www.ezyhealth.com</a>	Health Information, medicine, doctors, health products, lifestyle tips, health beauty and dieting tips for parents.
FDA Kids Home Page	<a href="http://www.fda.gov/oc/opacom/kids/default.html">www.fda.gov/oc/opacom/kids/default.html</a>	This interactive website targets youth and provided excellent information on food, nutrition, food safety and health.
Feeling Good Project	<a href="http://www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm">www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm</a>	Provides nutrition and physical activity information. Focuses on low-income populations.
Fit Source	<a href="http://www.getupanddosomething.org">www.getupanddosomething.org</a>	This site links child care after school providers to a wide variety of physical activity and nutrition resources.
Fit Wise	<a href="http://www.FitWise.com">www.FitWise.com</a>	Free Weekly Fitness Tips Newsletter full of useful information, exercise tips, diet tips, and inspiration for us all.
Fitness Fever	<a href="http://www.fitnessfever.com">www.fitnessfever.com</a>	Sponsored by Blue Cross/Blue Shield of MN, this site offers activities, experiments, recipes, nutrition information, active games and resource information for teachers.
Fitness Link	<a href="http://www.fitnesslink.com">www.fitnesslink.com</a>	Fitness Link
Fitness News – Health Facts	<a href="http://www.justmove.org">www.justmove.org</a>	Fitness Link
Fitnezz	<a href="http://www.fitnezz.net">www.fitnezz.net</a>	A well organized and deep source on sports and health topics. One of the most complete collections of fitness and bodybuilding links.
FitSource	<a href="http://www.nccic.org/fitsource/index.cfm">www.nccic.org/fitsource/index.cfm</a>	This site links child care and after school providers to a wide variety of physical activity and nutrition resources. There are links to activities, lesson plans, healthy recipes, information for parents and many other downloadable tools.
Food and Nutrition Information Center	<a href="http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html">www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html</a>	Information on the nation's food resources.
Get Big	<a href="http://www.GetBig.com">www.GetBig.com</a>	Number one source of bodybuilding and fitness information
Get Fit	<a href="http://www.e-GetFit.com">www.e-GetFit.com</a>	Fitness Link
Girl Power	<a href="http://www.girlpower.gov/">www.girlpower.gov/</a>	National public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9-13 year old girls to make the most of their lives.
Global Fitness	<a href="http://www.global-fitness.com/">www.global-fitness.com/</a>	Our on-line guide to healthy living and optimal fitness. Includes a recipe of the day feature.
Healthy Choice for Kids Online	<a href="http://www.healthychoices.org">www.healthychoices.org</a>	The website is provided by the Growers of Washington State apples and Tree Top, Inc. Lesson Plans, worksheets and coloring sheets available in Spanish.
Healthy Hops	<a href="http://www.healthy-start.com/prog_healthy.html">www.healthy-start.com/prog_healthy.html</a>	More than 25 classroom activities and take-home activities for children

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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
Healthy People 2010	<a href="http://www.health.gov/healthpeople/">www.health.gov/healthpeople/</a>	Fitness Challenge for Americans to improve health trends toward wellness.
Healthy Women Build Healthy Communities	<a href="http://www.hrsa.gov/womenshealth/toolkit/menu.html">www.hrsa.gov/womenshealth/toolkit/menu.html</a>	Provides an online toolkit to help women create a personal program to eat healthier and be more physically fit.
HHS Pages for Kids	<a href="http://www.hhs.gov/kids">www.hhs.gov/kids</a>	The Department of Health and Human Services site with resource information and links to related sites for educators, parents and children.
Home and Family	<a href="http://www.homenfamily.com">www.homenfamily.com</a>	An online resource for information on your family's health, nutrition, topics related specifically to kids, family relationships, etc.
Human Kinetics	<a href="http://www.humankinetics.com">www.humankinetics.com</a>	Fitness Link
International Health, Racquet and Sports Club	<a href="http://www.ihrsa.org/index.html">www.ihrsa.org/index.html</a>	Racquetball Link
Just Move	<a href="http://www.justmove.org">www.justmove.org</a>	Provides a personal, online fitness center
Just Move Fitness Center	<a href="http://www.justmove.iorg/home.cfm">www.justmove.iorg/home.cfm</a>	An interactive fitness and exercise site provided by the American Heart Association
Kidnetic	<a href="http://www.kidnetic.com/">www.kidnetic.com/</a>	Interactive web site featuring healthy recipes, fun games, information about how your body works and information for parents.
Kidnetic.com	<a href="http://www.kidnetic.com">www.kidnetic.com</a>	Kid-based website with games, facts and recipes to help children understand food, feelings and fitness for better health.
Kids Health for Kids	<a href="http://www.KidsHealth.org">www.KidsHealth.org</a>	Investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition. Contains tons of information about kids' health issues, several interactive games, medical terminology/words and tasty treats in the "What's Cooking" section.
Kids in Action	<a href="http://www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html">www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html</a>	Interactive Web site featuring healthy recipes, fun games, information about how our body works and information for parents
Kids' Health	<a href="http://www.kidshealth.org/kid/closet/">www.kidshealth.org/kid/closet/</a>	Healthy game and activity links.
Kids' Health en Español	<a href="http://www.kidshealth.org/kid/en_espanol/index.html">www.kidshealth.org/kid/en_espanol/index.html</a>	Juego sobre la salud y conexiones a actividades
Learning Network	<a href="http://www.learningnetwork.com">www.learningnetwork.com</a>	Links to resources and shopping for parents, teachers and kids.
Live It!	<a href="http://www.liveitprogram.com">www.liveitprogram.com</a>	The Live It! Program provides fun ideas and activities to help students get moving, while enlightening them on the benefits of a healthy and active lifestyle.
Muscle Net	<a href="http://www.MuscleNet.com">www.MuscleNet.com</a>	Free Muscle Building and Fitness Magazine.
My Pyramid.gov	<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>	Dietary information.
National Alliance for Youth Sports	<a href="http://www.nays.org">www.nays.org</a>	Advocacy and promotion and athletics and activity in school-age children. Links for kids, parents, administrators and coaches.
National Association for Girls and Women in Sports	<a href="http://www.aahperd.org/nagws">www.aahperd.org/nagws</a>	Encourages females to be physically active.
National Association for Health and Fitness	<a href="http://www.physicalfitness.org">www.physicalfitness.org</a>	Fitness Link

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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
National Center for Bicycling and Walking	<a href="http://www.bikewalk.org">www.bikewalk.org</a>	Bicycling website
National Center for Bicycling and Walking	<a href="http://www.bikewalk.org">www.bikewalk.org</a>	The mission of the National Center for Bicycling and Walking is to help create bicycle-friendly and walkable communities across North America by encouraging and supporting the efforts of individuals, organizations and agencies.
National Coalition for Promoting Physical Activity	<a href="http://www.al.com/ncppa">www.al.com/ncppa</a>	Fitness Link
National Library of Medicine	<a href="http://www.nlm.nih.gov">www.nlm.nih.gov</a>	Library of Medical Information
National Recreation and Park Association	<a href="http://www.nrpa.org">www.nrpa.org</a>	News and stories about community recreation and preservation of parks, trails and nature
Neat Solutions	<a href="http://www.neatsolutions.com">www.neatsolutions.com</a>	This site is a resource to order nutrition and health education materials for children. Lesson plans are also available
Net Sweat	<a href="http://www.netsweat.com">www.netsweat.com</a>	A primary source of information on exercise and nutrition, offering a comprehensive listing of fitness-related sites
North Carolina Energizers	<a href="http://www.ncpe4me.com/energizers.html">www.ncpe4me.com/energizers.html</a>	Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide activity.
Nutrition, Counseling, Education and Services (NCES)	<a href="http://www.ncescatalog.com">www.ncescatalog.com</a>	Good source of books, videos and teaching aids on nutrition, exercise and eating disorders available for purchase online
Nutrition.gov	<a href="http://www.nutrition.gov">www.nutrition.gov</a>	A primary site for nutrition information.
Online Fit	<a href="http://www.Onlinefit.com">www.Onlinefit.com</a>	Your online personal trainer partner
On the Move Program	<a href="http://www.moveit.org">www.moveit.org</a>	Physical activity programming.
P.E. 4 LIFE	<a href="http://www.pe4life.org">www.pe4life.org</a>	Advocates for quality, daily physical education for all children
Parent Clicks	<a href="http://www.parentclicks.com">www.parentclicks.com</a>	Helpful resource information for parents regarding their children's health, behavior, education, safety and emotional well-being
Parent Soup	<a href="http://www.parentsoup.com">www.parentsoup.com</a>	This site offers a variety of articles from health and nutrition issues to dealing with behavior issues and sibling rivalry. Message boards and chat rooms are available links to other sites of interest
ParentCenter.com	<a href="http://www.parentcenter.com">www.parentcenter.com</a>	This site offers parents information on parenting, learning, health, fun and activities. Chat boards are available as well as links to other sites
Parents' Place	<a href="http://www.parentsplace.com">www.parentsplace.com</a>	A sister site to Parent Soup. Offers information about healthy pregnancies to raising your child with proper nutrition and health advice
Partnership for a Walkable America	<a href="http://www.walkableamerica.org">www.walkableamerica.org</a>	The Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly.



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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
PE Central	<a href="http://www.pecentral.org">www.pecentral.org</a>	PE Central has an extensive database of physical activity lessons and games. The ability to search by age group and type of activity makes it particularly useful.
Pedestrian and Bicycle Information Center	<a href="http://www.walkableamerica.org/">www.walkableamerica.org/</a>	Includes a walk and bike to school web site
Physical Activity and Weight Control	<a href="http://www.niddk.nih.gov/health/nutrit/pubs/physact.htm">www.niddk.nih.gov/health/nutrit/pubs/physact.htm</a>	Fitness Link
Power Play	<a href="http://www.bayarea5aday.ucdavis.edu">www.bayarea5aday.ucdavis.edu</a>	The Campaign's purpose is to motivate and empower California's 9 to 11 year olds to eat fruits and vegetables and get physical activity.
Powerful Bones	<a href="http://www.cdc.gov/powerfulbones/games_fun/index.html">www.cdc.gov/powerfulbones/games_fun/index.html</a>	Interactive website that provides innovative games and nutrition quizzes that promote optimal bone health in girls.
President's Challenge	<a href="http://www.parentschallenge.org">www.parentschallenge.org</a>	Challenge to school-children to increase activity and awareness of public health and obesity trends
President's Council On Physical Fitness and Sports	<a href="http://www.fitness.gov">www.fitness.gov</a>	Part of the Department of Health and Human Services website
Shape Up America	<a href="http://www.shapeup.org">www.shapeup.org</a>	Fitness Link
Simplified Fitness	<a href="http://www.SimplifiedFitness.com">www.SimplifiedFitness.com</a>	Make fitness simple and long-lasting
Skillastics	<a href="http://www.skillastics.com">www.skillastics.com</a>	Classroom board games to encourage physical challenges for all kids to learn and master sports skills
Southern California Handball Association	<a href="http://www.handball.org">www.handball.org</a>	Handball website
Southern California Municipal Athletic Foundation	<a href="http://www.scmf.org">www.scmf.org</a>	Youth sports competitions, coaching clinics and adult leagues throughout Southern CA
SPARK (Sports, Play and Active Recreation for Kids) Physical Education	<a href="http://www.sparkpe.org">www.sparkpe.org</a>	Sample lesson plans available and order curriculum for physical education programs. Preschool through eighth grade plans available. On-site training is also available.
Sports 4 Kids	<a href="http://www.sports4kids.org">www.sports4kids.org</a>	The mission of Sports4Kids is to provide opportunities to enhance the health and well-being of youth and communities. The resource section of this website has downloadable physical activity curricula, games and activities.
Sports Fitness	<a href="http://www.nlm.nih.gov/medlineplus/sportsfitness.html">www.nlm.nih.gov/medlineplus/sportsfitness.html</a>	Fitness Link
Stay Healthy	<a href="http://www.stayhealthy.com">www.stayhealthy.com</a>	Fitness Link
Swim 2000	<a href="http://www.swim2000.com">www.swim2000.com</a>	Swimming website
Team Up for Youth	<a href="http://www.teamupforyouth.org">www.teamupforyouth.org</a>	Through grant-making, policy initiatives and information, Team up for youth promotes the healthy development of young people by strengthening and expanding after-school sports programs, particularly those serving low-income neighborhoods.
Teen Health	<a href="http://www.teenhealth.org">www.teenhealth.org</a>	Great information for teens, kids and parents covering all aspects of health and fitness

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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
<b>The President's Challenge</b>	<a href="http://www.presidentschallenge.org">www.presidentschallenge.org</a>	The President's Challenge is program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.
<b>Truly Hugh</b>	<a href="http://www.TrulyHugh.com">www.TrulyHugh.com</a>	A website for bodybuilding, health and fitness. Get free fitness tips
<b>Tufts University Nutrition Navigator</b>	<a href="http://www.navigator.tufts.edu">www.navigator.tufts.edu</a>	Nutrition information
<b>U. S. Department of Agriculture</b>	<a href="http://www.usda.gov">www.usda.gov</a>	Government site focusing on nutrition aimed at increasing the consumption of fruits and vegetables for better health.
<b>U. S. Fencing Association</b>	<a href="http://www.usfa.org">www.usfa.org</a>	Fencing website
<b>U. S. Food and Drug Administration</b>	<a href="http://www.fda.gov">www.fda.gov</a>	Information on the nation's food sources
<b>U.S. Department of Health and Human Services</b>	<a href="http://www.cdc.gov/aboutcdc.htm">www.cdc.gov/aboutcdc.htm</a>	Professional research resource of health and fitness field
<b>UC Berkeley Center for Weight and Health</b>	<a href="http://www.cnr.berkeley.edu/cwh">www.cnr.berkeley.edu/cwh</a>	Nutrition information
<b>Ultimate Frisbee</b>	<a href="http://www.access.digex.net/~cdl/ultimate.html">www.access.digex.net/~cdl/ultimate.html</a>	Frisbee website
<b>United Learning</b>	<a href="http://www.unitedlearning.com">www.unitedlearning.com</a>	Creator of Mighty Me Training Camp, an educational exercise video that encourages kids to love and take care of themselves- strengthening their "inner superhero" through physical activity
<b>USA Gymnastics</b>	<a href="http://www.usa-gymnastics.org">www.usa-gymnastics.org</a>	Gymnastics website
<b>Verb Crossover for Community-based Organizations</b>	<a href="http://www.cdc.gov/youthcampaign/materials/tweens/crossover_cbo">www.cdc.gov/youthcampaign/materials/tweens/crossover_cbo</a>	Materials designed to help move students to action and make physical activity a natural part of every day. These materials can be downloaded in color, printer-friendly black and white or rich text format.
<b>VERB Youth Media Campaign</b>	<a href="http://www.cdc.gov/youthcampaign/index.htm">www.cdc.gov/youthcampaign/index.htm</a>	This site includes resources and information to make regular physical activity "cool" for tweens and a fun thing to do.
<b>Water Polo</b>	<a href="http://www.h2opolo.com">www.h2opolo.com</a>	Water Polo website
<b>Wellness Councils of America</b>	<a href="http://www.welcoa.org/about.htm">www.welcoa.org/about.htm</a>	Fitness Link
<b>Women's Exercise Network</b>	<a href="http://www.WomensExerciseNetwork.com">www.WomensExerciseNetwork.com</a>	Find a workout partner and make some new friends.



*Bay Area Region Nutrition Network*  
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