

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

**California 5 a Day**

# **Be Active Resource Directory**

SANTA CLARA COUNTY



# **Welcome to the Santa Clara 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 Santa Clara County Public Health Department, Nutrition and Wellness Unit 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 and 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**

SANTA CLARA COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources



# *Physical Activity Resources*



# Physical Activity Resources • Santa Clara County

## Selected Physical Activity Resources, Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>CAMPBELL</b>			
<b>Dance Spectrum</b> 1707 S. Bascom Ave. Campbell, CA 95008 (408) 371-9722	Dance		All Ages
<b>Ernie Reyes' West Coast TKD</b> 801 W. Hamilton Rd. Campbell, CA 95008 (408) 374-1177	Martial Arts	Tae Kwon Do	All Ages
<b>Gloria Mohr International Ballet School</b> 236 W. Campbell Ave. Campbell, CA 95008 (408) 269-3079	Dance	Ballet	All Ages
<b>Pacific Coast Academy of Martial Arts</b> 2507 Winchester Blvd. Campbell, CA 95008 (408) 378-4790	Martial Arts		All Ages
<b>Tai Mantis Kung-Fu Association</b> 165 Cristich Lane Campbell, CA 95008 (408) 377-0415	Martial Arts	Kung Fu	All Ages
<b>West Coast Martial Arts</b> 810 W. Hamilton Ave. Campbell, CA (408) 374-1177	Martial Arts		All Ages
<b>West Valley Gymnastics</b> 1190 Dell Ave. Campbell, CA 95008 (408) 374-8692		Gymnastics	All Ages
<b>CUPERTINO</b>			
<b>Aikido &amp; Yoga Center -Koan Dojo</b> 7335 Bollinger Rd. Cupertino, CA (408) 873-9107	Martial Arts	Aikido & Yoga	All Ages
<b>Bih-Tau Dance Workshop</b> 19985 Stevens Creek Blvd. Cupertino, CA (408) 255-4580	Dance		All Ages
<b>Blackberry Farm Golf Course</b> 22100 Stevens Creek Blvd. Cupertino, CA (408) 253-9200	Outdoor Activity	Golf	Adult
<b>Dance Academy</b> 21269 Stevens Creek Blvd. Cupertino, CA (408) 257-3211	Dance		All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Deep Cliff Golf Course</b> 10700 Clubhouse Lane Cupertino, CA (408) 253-5357	Outdoor Activity	Golf	All Ages
<b>Li's Tai Chi &amp; Kung Fu Academy</b> 10887 S. Blaney Ave. Cupertino, CA (408) 973-8880	Martial Arts	Tai Chi & Kung Fu	All Ages
<b>Na's Martial Arts Chun Ki Won Academy</b> 21749 Stevens Creek Blvd. Cupertino, CA (408) 253-6546	Martial Arts	Chun Ki Won	All Ages
<b>Northwest YMCA</b> 20803 Alves Dr. Cupertino, CA 95014 (408) 257-7160 www.northwest@scvymca.org	Soccer, Basketball, Flag Football, Hockey	Soccer, Basketball, Flag Football, Indoor & Roller Hockey	All Ages
<b>Stevens Creek Park</b> 11401 Stevens Creek Rd. Cupertino, CA 95014 (408) 867-3654 Alternate Phone # (408) 867-9959	Outdoor Activity	Biking, Hiking, Fishing	All Ages
<b>Tri-Cities Little League</b> 10200 Parkside Lane Cupertino, Ca 95070 (408) 255-7137	Baseball	Baseball	Youth
<b>GILROY</b>			
<b>Coyote Creek Parkway and Coyote Lake Park</b> 10840 Coyote Lake Rd. Gilroy, CA 95020 (408) 842-7800	Outdoor Sports	Hiking	All Ages
<b>Coyote Lake</b> 10840 Coyote Lake Rd. Gilroy, CA 95020 (408) 842-7800	Outdoor Sports	Fishing	All Ages
<b>Gilroy Golf Course</b> 2695 Hecker Pass Rd. Gilroy, CA (408) 848-0490	Outdoor Sports	Golf	All Ages
<b>Judith Gelwick's</b> 8339 Church St. Gilroy, CA (408) 847-0133	Swimming and Water Sports		All Ages
<b>Lana's Dance Studio</b> 8380 Church St. Gilroy, CA (408) 848-3812	Dance		All Ages
<b>Lauri Gray's School of Dance</b> 7901 Westwood Dr. Gilroy, CA (408) 847-1827	Dance		All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Morgan Hill Recreation</b> 1900 Club Dr. Gilroy, CA (408) 846-5177	Outdoor Sports	Jr. Golf, Mother & Child Golf	All Ages
<b>South County Martial Arts</b> 160 Pierce St. Gilroy, CA (408) 842-8983	Martial Arts		
<b>Square Dance Club</b> Gilroy Grange Hall on Swanston Lane Gilroy, CA (408) 847-2797 Gilroy Gliders	Dance	Club Dance	
<b>Studio Three</b> 7996 Westwood Dr. Gilroy, CA (408) 846-5392 Traci Dalke, Owner/Teacher	Dance		
<b>The Driving Range</b> 701 Lexington Pl. Gilroy, CA (408) 847-5400	Outdoor Sports	Golf	Adults
<b>Western Academy of Martial Arts</b> 451 1st St. Gilroy, CA (408) 848-6878	Martial Arts		
<b>Williams Kenpo Karate</b> 7483 Monterey St. Gilroy, CA (408) 847-2545	Martial Arts	Kenpo Karate	
LOS ALTOS			
<b>Los Altos Parks &amp; Recreation</b> 97 Hillview Ave. Los Altos, CA 94022 (650) 947-2790	Dance, Soccer, Martial Art, Golf	Ballet, Dance, Outdoor Activity, Judo-Jujitsu, Karate, Tae Kwon Do	All Ages
<b>Los Altos-Mountain View Aquatic Club</b> Los Altos, CA (650) 599-2213 www.lamvac.org	Swimming	Year round competitive swimming	Boys & Girls 5-18 yrs
LOS ALTOS HILLS			
<b>Foothills Park</b> 3300 Page Mill Rd. Los Altos Hills, CA 94022 (650) 329-2423	Hiking & Fishing	Outdoor Activity	All Ages
LOS GATOS			
<b>Ali Pro Tae Kwon do</b> 15545 Los Gatos Blvd. Los Gatos, CA 95030 (408) 358-6042	Martial Arts	Tae Kwon Do	
<b>America's Best Karate of Los Gatos</b> 553 N. Santa Cruz Ave. Los Gatos, CA (408) 354-2378	Martial Arts	Karate	



# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Dance Attack</b> 14110 Blossom Hill Rd. Los Gatos, CA 95030 (408) 369-0576	Dance		All Ages
<b>Dance Effects</b> 14855 Oka Rd. Los Gatos, CA 95030 (408) 356-2224	Dance		All Ages
<b>Lexington Reservoir</b> 17770 Alma Bridge Rd. Los Gatos, CA 95032 (408) 356-2729	Outdoor Activity	Biking & Fishing	All Ages
<b>Los Gatos Creek Park</b> 333 Blossom Hill Rd. Los Gatos, CA 95032 (408) 356-2729 (located in Vasona Lake Park)	Outdoor Activity	Fly Casting Pond	All Ages
<b>Los Gatos Kenpo Karate Studio</b> 805 University Ave. Los Gatos, CA 95030 (408) 395-4000	Martial Arts	Kenpo Karate	All Ages
<b>Studio Kicks</b> 434 N. Santa Cruz Ave. Los Gatos, CA 95030 (408) 399-3435	Martial Arts		All Ages
<b>United Studios of Self Defense of Los Gatos</b> 15553 Union Ave. Los Gatos, CA 90950 (408) 377-7938	Martial Arts		All Ages
<b>Vasona County Park</b> 333 Blossom Hill Rd. Los Gatos, CA 95032 (408) 356-2729	Outdoor Activity	Biking, Walking, Jogging, Running	All Ages
<b>MILPITAS</b>			
<b>Blue Dragon Taekwondo Academy</b> 104 Dixon Rd. Milpitas, CA 95035 (408) 946-1888	Martial Art	Tae Kwon Do	All Ages
<b>East Valley YMCA</b> 605 E. Calaveras Blvd. Milpitas, CA 95035 (408) 715-6500 www.milpitas@scvymca.org	Basketball, Indoor Activities	Basketball, Indoor Roller Hockey, Itty Bitty Sports	All Ages
<b>Ed Levin Park</b> 3100 Calaveras Blvd. Milpitas, CA 95035 (408) 262-6980 www.parkhere.org	Fishing	Outdoor Activity	All Ages
<b>Funakoshi Shotokan Karate Assoc.</b> 1293 S. Park Victoria Dr. Milpitas, CA 95035 (408) 263-8544 www.fska.com	Martial Art	Karate	All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Jung SuWon Martial Arts Academy</b> 107 Minnis Circle Milpitas, CA 95035 (408) 228-9920 www.jungsuwon.com	Martial Art	Jung SuWon	All Ages
<b>Milpitas Parks &amp; Recreation</b> 457 E. Calaveras Blvd. Milpitas, CA 95035 (408) 586-3210	Improv Workshop, Tumbling, Gymnastics, Ice Skating, Figure & Hockey Skating, Dance, Soccer	Ice Skating and Hockey classes held at Fremont Iceoplex. Hip Hop Dance, Indian Folk Dance	All Ages
<b>Milpitas Parks &amp; Recreation</b> 1325 E. Calaveras Blvd. Milpitas, CA 95035 (408) 715-6500 The Sports Center	Basketball, Swimming	Teen Drop-In Basketball	Teen ages 13-17
<b>Pegasus Gymnastics Academy</b> 1450 Great Mall Dr. Milpitas, CA 95035 (408) 946-6607	Gymnastics	Gymnastics	All Ages
<b>Sifu Meng's Int'l Kung Fu Academy</b> 16 Abbott Ave. Milpitas, CA 95035 (408) 262-6228	Martial Art	Kung Fu	All Ages
<b>Spring Valley Golf Course</b> 3441 E. Calaveras Blvd. Milpitas, CA 95035 (408) 262-1722 www.springvalleygolfcourse.com	Golf	Outdoor Activity	All Ages
<b>Sweet's Gymnastics</b> 1329 Minnis Cir. Milpitas, CA 95035 (408) 262-2775	Gymnastics	Gymnastics	
<b>MORGAN HILL</b>			
<b>Morgan Hill Recreation</b> 685 Jarvis St. Morgan Hill, CA (408) 776-1617 Gold's Gym	Martial Arts	Street Safe Class	All Ages
<b>Seibukan Jujitsu Dojo</b> 15650 Vineyard Blvd. Morgan Hill, CA (408) 778-1242	Martial Arts	Jujitsu	All Ages
<b>United Academy of Martial Arts</b> 17355 Depot St. Morgan Hill, CA (408) 779-4364	Martial Arts		All Ages
<b>West Coast Tae Kwon Do</b> 16375 S. Monterey Rd. Morgan Hill, CA (408) 778-2544	Martial Arts	Tae Kwon Do	All Ages
<b>Anderson Lake</b> 19245 Malaguerra Ave. Morgan Hill, CA (408) 779-3634	Outdoor Sports	Fishing	All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Chesbro Reservoir</b> Oak Glen Rd. Morgan Hill, CA (408) 779-9232	Outdoor Sports	Fishing	All Ages
<b>County Dance Class</b> 40 East 4th St. Morgan Hill, CA (408) 686-0772 Morgan Hill Grange Hall	Dance	Swing and Country Dance Classes	Adults
<b>Coyote Valley Driving Range</b> 9700 Santa Teresa Blvd. Morgan Hill, CA (408) 463-0400	Outdoor Sports	Golf	Adults
<b>Dance Unlimited</b> 15650 Vineyard Blvd. Morgan Hill, CA (408) 778-1178	Dance		
<b>I Can Gymnastics</b> Morgan Hill, CA 95037 (408) 782-6600	Gymnastics	Gymnastics	
<b>Interim Skate and BMX Park</b> Butterfield Ave., next to Cal-Train parking lot Morgan Hill, CA (408) 779-7271	Miscellaneous		
<b>Lana's Dance Studio</b> 380 Tennant Ave. Morgan Hill, CA (408) 778-1178	Dance		
<b>Morgan Hill Gymnastics Club</b> 140 Mast St. Morgan Hill, CA (408) 778-2882	Gymnastics	Gymnastics	
<b>Morgan Hill Dance Center</b> 101 W. Main Ave. Morgan Hill, CA (408) 776-1661	Dance		
<b>Morgan Hill Recreation</b> 685 Jarvis St. Morgan Hill, CA (408) 776-1617 Gold's Gym	Miscellaneous	Gymnastics, Mommy & Me Tumbling, Kids Yoga, Teen Yoga, Pilates, Intro to Weight Training Fitness Challenge, Cardio Dance Class	All Ages
<b>Morgan Hill Recreation</b> Morgan Hill, CA (408) 779-7271	Dance	Teen Dances, Call for Dates & Times	Teens
<b>Mt. Madonna YMCA</b> 17666 Crest Ave. Morgan Hill, CA 95037 (408) 762-6000 www.mtmadonna@scvymca.org	Gymnastics, Tumbling, Toddler Gym	Gymnastics	All Ages
<b>Uvas Canyon</b> Morgan Hill/Gilroy, CA (408) 842-7800	Outdoor Sports	Hiking, Fishing	All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
MOUNTAIN VIEW			
<b>Academy of Zen and Aikido</b> 2560 Wyandotte Mountain View, CA (650) 969-1731	Meditation, Martial Art	Zen, Akido	All Ages
<b>Aikido of Mountain View</b> Mountain View, CA (650) 343-9693 www.aikidodojosanjose.com	Martial Art	Aikido	All Ages
<b>City of Mountain View Recreation Division</b> 201 S. Rengstorff Ave. Mountain View, CA 94039 (650) 903-6331	Mime, Movement, Soccer, Swimming, Golf, Dance, Martial Arts	Theatre Body Work, Outdoor Activities, Water Sports, Ballet, Tap	All Ages
<b>Pacific Ballet Academy</b> 295 Polaris Ave. Mountain View, CA 94040 (650) 969-4614	Dance	Ballet	
<b>Twisters Gym</b> 2639 Terminal Blvd. Mountain View, CA 94043 (650) 967-5581 twistersgym.com			
PALO ALTO			
<b>Beaudoins Studio</b> Palo Alto, CA (650) 326-2184 464 Colorado Ave.	Dance	Dance	
<b>Betty Wright Swim Center</b> 3864 Middlefield Rd. Palo Alto, CA (650) 494-1480 www.c-a-r.org	Swimming	Water Sports	
<b>Jewish Community Center</b> 4000 Middlefield Rd. Palo Alto, CA 94303 (650) 493-9400 paloaltojcc.org	Fencing, Martial Arts, Football, Swimming, Tumbling, Dance	Karate, Water Sports, Football	All Ages
<b>Mitchell Park Community Center</b> 3412 Ross Rd. Palo Alto, CA 94303 (650) 856-9622	Flag Football	Fall Flag Football	Boys Only
<b>Palo Alto Family YMCA</b> 3412 Ross Rd. Palo Alto, CA 94303 (650) 856-9622 www.ymcamidpen.org	Dance	Breakdance	Ages12+
<b>Palo Alto Family YMCA</b> 3412 Ross Rd. Palo Alto, CA 94303 (650) 856-9622	Soccer, Skating, Basketball, Sports	Outdoor Activity, Floor and Roller Hockey, Basketball, Sports Sampler	All Ages
<b>Palo Alto Little League</b> Palo Alto, CA (650) 494-1933 President Craig Seidel	Basketball	Basketball Sport	

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Palo Alto Masters Swim Club</b> Palo Alto, CA www.rinc-swim.com	Swimming	Club Water Sports	
<b>Palo Alto Swim Club</b> Palo Alto, CA (510) 742-9832	Swimming	Competitive Swimming. Tryouts held year-round. Practices at Rinconada Pool	
<b>Palo Alto's Wetlands</b> Entrance gate near Duck Pond & Byxbee Park Hills Palo Alto, CA (650) 329-2506	Hiking	Outdoor Activity	All Ages
<b>Rinconada Pool</b> 777 Embarcadero Rd. Palo Alto, CA 94301 (650) 329-2351	Swimming	Water Sports	All Ages
<b>Stanford Trails</b> Sand Hill Rd. to Arastadero Preserve Palo Alto, CA	Biking	Outdoor Activity	All Ages
<b>Taijiquan Tutelage of Palo Alto</b> Palo Alto, CA (650) 327-9350	Martial Art	Tai Chi Chuan	All Ages
<b>Tuxedo Junction Waltz Swing</b> Palo Alto, CA (650) 856-6991 *Call For Locations	Dance	Dance	All Ages
<b>Ventura Youth Center</b> 3990 Ventura Ct. Palo Alto, CA 94306 (650) 329-2192	Soccer, Basketball	Outdoor Activities, Basketball	All Ages
<b>Zohar Dance</b> 4000 Middlefield Rd. Bldg. L, Rm 4 Palo Alto, CA (650) 494-8221 www.zohardance.org Cubberley Comm. Center	Dance	Dance	
REDWOOD CITY			
<b>Los Altos Parks &amp; Recreation</b> 3140 Bay Rd. Redwood City, CA	Ice Skating	Ice Skating at the Ice Oasis	
SAN JOSE			
<b>Aerial Tumbling and Acrobatics</b> 422 Blossom Hill Rd. San Jose, CA (408) 224-5437	Sports	Gymnastics, Cheerleading	
<b>All About Golf</b> 2042 Camden Ave. San Jose, CA (408) 371-1620	Outdoors/Sports	Golf	

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Alma Bowl</b> 355 W. Alma Ave. San Jose, CA (408) 294-8825	Sports	Bowling	
<b>Almaden Community Center</b> 6445 Camden Ave. San Jose, CA 95120 (408) 268-1133	Performing Art	Music, Drama, Art	
<b>Almaden Lake Park</b> 6099 Winfield Blvd. San Jose, CA (408) 277-5130	Outdoor Activity	Fishing, Hiking	All Ages
<b>Almaden Quicksilver Park</b> McAbee Ave. San Jose, CA (408) 268-8220	Outdoor Activity	Hiking, Biking	All Ages
<b>Almaden School of Music, Art &amp; Dance</b> 5353 Almaden Expwy. # 13 San Jose, CA (408) 267-3651	Performing Art	Music, Art, Dance	
<b>Almaden Valley Gymnastics Club</b> 19600 Almaden Rd. San Jose, CA (408) 268-1272	Sports	Gymnastics, Cheerleading	
<b>Alum Rock Park</b> 16240 Alum Rock Ave. San Jose, CA 95127-1307 (408) 259-5477	Outdoor Activity	Hiking, Biking	All Ages
<b>AMF Saratoga Lanes</b> 1585 Saratoga Ave. San Jose, CA (408) 252-2212	Sports	Bowling	
<b>Andrade's Music Studio</b> 417 Menker Ave. San Jose, CA (408) 289-9469	Performing Art	Music	
<b>Arthur Murray Dance Studio</b> 1035 S. De Anza Blvd. San Jose, CA (408) 873-0369	Performing Art	Dance	Ages 8 and up
<b>Azatlan Academy</b> 520 W. Virginia St. San Jose, CA 95125 (408) 279-1498	Performing Art	Dance	
<b>Ballroom Dancing with Lesley McIntosh</b> 1824 Hillsdale Ave. San Jose, CA (408) 537-0613	Performing Art	Dance	Adults
<b>Berryessa Community Center</b> 3050 Berryessa Ave. San Jose, CA 95132 (408) 251-6392	Performing Art	Music, Drama, Art	All Ages



# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Branham Dance Center</b> 1088 Branham Lane San Jose, CA (408) 269-1363	Performing Art	Dance	
<b>Calero Lake Park</b> 23201 McKean Rd. San Jose, CA 95120 (408) 268-3883	Outdoor Activity	Fishing	
<b>California Gymnastics Center</b> 336 Race St. San Jose, CA (408) 280-5437 www.calsportscenter.com	Sports	Gymnastics, Cheerleading	All Ages
<b>California Sports Center</b> 3800 Blackford Ave. San Jose, CA (408) 246-7795	Sports	Gymnastics, Cheerleading	Youth
<b>Cambrian Bowl</b> 14900 Camden Ave. San Jose, CA (408) 377-2354	Sports	Bowling	All Ages
<b>Central YMCA</b> 1717 The Alameda San Jose, CA 95126 (408) 298-1717 www.central@scvymca.org	Sports	Gymnastics, Cheerleading	Toddlers
<b>Children's Art Studio</b> 4690 Lage Dr. San Jose, CA (408) 374-9047		Art	Children
<b>Children's Musical Theater</b> 1401 Parkmoor Ave. San Jose, CA (408) 288-5437 www.sjcmt.org	Performing Art	Theater	All Ages
<b>Coyote Creek Trail</b> 985 Hellyer Ave. San Jose, CA 95111 (408) 225-0225	Outdoor Activity	Biking	All Ages
<b>Evergreen Community Center</b> 4860 San Felipe Rd. San Jose, CA 95135 (408) 270-2220	Performing Art	Music, Drama, Art	All Ages
<b>Fourth Street Bowl</b> 1441 N. 4th St. San Jose, CA (408) 453-1750	Sports	Bowling	All Ages
<b>Gadner Community Center</b> 520 W. Virginia St. San Jose, CA 95125 (408) 279-1498	Arts	Arts & Crafts	All Ages
<b>Golden State Acrobatics</b> 1685 S. 7th St. San Jose, CA (408) 293-1667	Sports	Gymnastics, Cheerleading	Youth

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Golfland</b> 976 Blossom Hill Rd. San Jose, CA (408) 225-1533	Outdoors/Sports	Golf	Adults
<b>Greater San Jose Inner City Games</b> 855 Lenzen Ave. 2nd floor Rm. 210 San Jose, CA 95126 (408) 369-6435	Sports	Track, Tennis, Volleyball, Cheerleading	Local Middle and High schools
<b>Greater San Jose Inner City Games Theater</b> 855 Lenzen Ave. 2nd floor Rm. 210 San Jose, CA 95126 (408) 369-6435	Performing Art	Theater	All Ages
<b>Guadalupe Reservoir</b> Rangers and Visitors Center located on the river at Arena Green San Jose, CA (408) 277-5904	Outdoor Activity	Fishing	All Ages
<b>Guadalupe River Park and Gardens</b> Rangers and Visitors Center located on the river at Arena Green San Jose, CA (408) 277-5904	Outdoor Activity	Hiking, Biking	
<b>Hank Lopez Community Center</b> 1694 Adrian Way San Jose, CA 95122 (408) 251-2850	Arts	Arts & Crafts	All Ages
<b>Hellyer County Park</b> Cottonwood Lake 985 Hellyer Ave. San Jose, CA 95111 (408) 225-0225	Outdoor Activity	Fishing	All Ages
<b>Inner City Games</b> 855 Lenzen Ave. 2nd floor Rm. 210 San Jose, CA 95126 (408) 369-6435	Outdoors/Sports	Golf	All Ages
<b>Kirk Community Center</b> 1601 Foxworthy Ave. San Jose, CA 95118 (408) 723-1572	Performing Art	Music, Drama, Art	All Ages
<b>Mary Ann's Dance Center</b> 25 Dana Ave. San Jose, CA (408) 289-9131	Performing Art	Dance	All Ages
<b>Millbrook Community Center</b> 3200 Millbrook Dr. San Jose, CA 95148 (408) 274-1343	Performing Art	Music, Drama	All Ages
<b>Overfelt Gardens</b> Educational Park Dr. @ McKee Rd. San Jose, CA 95133 (408) 251-3323	Outdoor Activity	Hiking	All Ages
<b>Pleasant Hills Golf and Country Club</b> 2050 S. White Rd. San Jose, CA (408) 238-3485	Outdoors/Sports	Golf	All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Roosevelt Community Center</b> 901 E. Santa Clara St. San Jose, CA 95116 (408) 998-2223			All Ages
<b>San Jose DanceSport Center</b> 1824 Hillsdale Ave. San Jose, CA (408) 264-9393	Performing Art	Dance	All Ages
<b>San Jose School of Music</b> 1202 Lincoln Ave. San Jose, CA (408) 286-8826 www.sanjoseschoolofmusic.com	Performing Art	Music	All Ages
<b>San Juan Dance Studio II</b> 1557 Meridian Ave. San Jose, CA (408) 267-5525	Performing Art	Dance	All Ages
<b>Santa Teresa Park</b> 260 Bernal Rd. San Jose, CA (408) 225-0225	Outdoor Activity	Hiking, Biking	All Ages
<b>Sherman Oaks Community Center</b> 1800A Fruitdale Ave. San Jose, CA 95128 (408) 292-2935	Performing Art	Music, Drama	All Ages
<b>Shirakawa Community Center</b> 2072 Lucretia Ave. San Jose, CA 95122 (408) 277-3317	Performing Art	Music, Drama, Art	All Ages
<b>Solari Community Center</b> 3590 Cas Dr. San Jose, CA 95111 (408) 224-0415	Performing Art	Music, Drama, Art	All Ages
<b>South Valley Family YMCA</b> 5632 Santa Teresa Blvd. San Jose, CA 95123 (408) 226-9622 www.southvalley@scvmca.org	Sports	gymnastics, tumbling, kid's gym	All Ages
<b>Southside Community Center</b> 5585 Cottle Rd. San Jose, CA 95123 (408) 629-3336	Performing Art	Music, Drama, Art	All Ages
<b>Stage One Acting</b> San Jose, CA (408) 293-6362 www.talkingheadshot.com	Performing Art	Theater	All Ages
<b>Starbird Community Center</b> 1050 Boynton Ave. San Jose, CA 95117 (408) 984-1954	Performing Art	Music, Drama	All Ages
<b>Step-N-Out Dance Center</b> 2047 Woodard Rd. San Jose, CA (408) 377-7892	Performing Art	Dance	All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>The Clayground</b> 1253 Kentwood Ave. San Jose, CA 95129 (408) 777-8319 www.chineseclayart.com/studio		Art	All Ages
<b>The Music Place</b> Hamilton & Meridian San Jose, CA (408) 445-2787 www.musicplace.com	Performing Art	Music	2 yrs. and up
<b>Watson Community Center</b> 520 N. 22nd St. San Jose, CA 95112 (408) 280-7355			All Ages
<b>Zigzag Railroad Theater Co.</b> Flint Ave. San Jose, CA (408) 978-3016	Performing Art	Theater	All Ages
<b>Airborne Gymnastics</b> 2250 Martin Ave. Santa Clara, CA 95050 (408) 986-8226 airborne-gymnastics.com	Gymnastics	Gymnastics	Walkers to age 17
<b>SANTA CLARA</b>			
<b>Alberta's Water Tots</b> Santa Clara, CA (408) 249-4075	Swimming	Private Lessons	All Ages
<b>American Judo &amp; Ju-Jitsu Federation</b> 3527 Ryder Santa Clara, CA 95050 (408) 738-1755 www.danzannyu.com	Martial Art	Judo, Ju-Jitsu	All Ages
<b>Ernie Reyes' West Coast TKD</b> 2510 El Camino Real Santa Clara, CA 95050 (408) 984-1988 www.erniereyes.com	Martial Art	Tae Kwon Do	All Ages
<b>Fred Astaire Dance Studios</b> 2078 El Camino Real Santa Clara, CA (408) 247-9464	Dance	Dance	All Ages
<b>Hula Halau 'O Piilani</b> 3530 Lochinvar Ave. Santa Clara, CA 95050 (408) 247-0500 www.piilani.com	Hawaiian Islands Dance	Hawaiian Islands Dance	All Ages
<b>Kona Kai Swim and Racquet Club</b> 680 Hubbard Ave. Santa Clara, CA (408) 984-8880 www.konakaiclub.com or konakai@sec.net	Swimming, Racquet Ball	Water Sports & Court Ball	All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Nena Dean School of Dance and Music</b> 3395 The Alameda Santa Clara, CA (408) 248-9280	Dance	Dance	All Ages
<b>Santa Clara Ballet School</b> 3086 El Camino Real Santa Clara, CA 95051 (408) 247-9178 santaclaraballet.org	Dance	Ballet	All Ages
<b>Santa Clara Divers</b> Santa Clara, CA (408) 274-9542	Spring Board Diving	Spring Board Diving Instruction	All Ages
<b>Santa Clara Kempo Karate</b> 410 Martin (at De La Cruz) Santa Clara, CA 95050 (408) 492-1811 www.americkarate.com/sepulveda	Martial Art	Kempo Karate	All Ages
<b>Santa Clara Swim Club</b> 2625 Patricia Dr. Santa Clara, CA (408) 246-5003	Swimming	Club Water Sports	All Ages
<b>The Dance Affair</b> 2905 Park Ave. Santa Clara, CA 95050 (408) 243-4834 www.thedanceaffair.com	Dance	Dance	All Ages
<b>Trude's School of Dance</b> 1593 Pomeroy Ave. Santa Clara, CA 95050 (408) 985-0187	Dance	Dance	All Ages
<b>SARATOGA</b>			
<b>Cirrus Dance &amp; Arts, Inc.</b> 1600 Saratoga Ave. Saratoga, CA 95070 (408) 871-1234	Dance		All Ages
<b>Garrod Farms Riding Stables</b> 22600 Mount Eden Rd. Saratoga, CA 95073 (408) 867-9527	Outdoor Activity	Miscellaneous	All Ages
<b>O'Kaigan Shotakan Karate-Do</b> 12361 S. Saratoga-Sunnyvale Rd. Saratoga, CA 95070 (408) 257-4116	Martial Arts	Karate	All Ages
<b>Sanborn/Skyline Co. Park</b> 16055 Sanborn Rd. Saratoga, CA 95070 (408) 867-9959	Outdoor Activity	Hiking	All Ages
<b>Southwest YMCA</b> 13500 Quito Rd. Saratoga, CA 95070 (408) 370-1877 www.southwest@scvymca.org	Gymnastics, Tumbling, Kids' Gym		All Ages

# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Southwest YMCA</b> 13500 Quito Rd. Saratoga, CA 95070 (408) 370-1877 www.southwest@scvymca.org	<b>Hockey, Flag Football, Sports, Basketball, Soccer</b>	Indoor Hockey, Roller Hockey, Flag Football, Sports, Basketball, Soccer	Youth
<b>Villa Montalvo Co. Park</b> 15400 Montalvo Rd. Saratoga, CA 95070 (408) 356-2729	<b>Outdoor Activity</b>	Hiking	
<b>SUNNYVALE</b>			
<b>Gain, Inc</b> 1095 Dunford Way Sunnyvale, CA (408) 260-9505	<b>Martial Art</b>		All Ages
<b>Island Moves Family Center</b> 120 E. Fremont Sunnyvale, CA (408) 720-1795	<b>Dance</b>	Dance	All Ages
<b>Starlite Dance Club</b> 1160 N. Fair Oaks Ave. Sunnyvale, CA (408) 745-7827 www.starlitedanceclub.com	<b>Dance</b>	Dance	All Ages
<b>Sunnyvale Alliance Soccer</b> Sunnyvale, CA (408) 739-8250 Michael Goldman	<b>Soccer</b>	Outdoor Activity	All Ages
<b>Sunnyvale Baylands Park</b> 999 Caribbean Dr. Sunnyvale, CA (408) 730-7709	<b>Hiking</b>	Outdoor Activity	All Ages
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 730-7350 Brenda Castillo	<b>Baseball</b>	Lakewood Youth Baseball	Youth
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 243-KIDS Brad Gallien	<b>Baseball</b>	Metro Little League	Youth
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 720-1809 Robert Rodriques	<b>Baseball</b>	Natonal Little League	Youth
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 245-PONY Art Downs	<b>Pony Baseball</b>	Sunnyvale/Cupertino Pony Baseball	Youth
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 773-8825 Cindy Hardy	<b>Baseball</b>	Sierra Little League	Youth



# Physical Activity Resources • Santa Clara County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY	DESCRIPTION	TARGET POPULATION
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 738-1992 Bob Kinder	<b>Baseball</b>	Southern Little League	Youth
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (650) 354-8850 Dave White	<b>Martial Art</b>	Judo Club	Youth
<b>Sunnyvale Parks &amp; Recreation American Youth Soccer Org. (AYSO)</b> Sunnyvale, CA (408) 739-AYSO Renee McCain	<b>Soccer</b>	Outdoor Activity	Youth
<b>Sunnyvale Parks &amp; Recreation</b> Sunnyvale, CA (408) 737-9972 Dolf Placencia	<b>Football</b>	Pop Warner Football	Youth
<b>Sunnyvale Parks &amp; Recreation, Pop Warner Cheerleading</b> Sunnyvale, CA (650) 745-1903 Jeanette Alva	<b>Cheerleading</b>	Cheerleading	Youth
<b>Sunnyvale Swim Club</b> Sunnyvale, CA (408) 235-9874 Lisa Fisher-Colbrie	<b>Swimming</b>	Water Sports	Youth
<b>Wing Lam Kung Fu</b> 1155 Reed Ave. Sunnyvale, CA (408) 244-2831 www.wle.com	<b>Martial Art</b>	Kung Fu	Youth
<b>MISC.</b>			
<b>Arastradero Preserve</b> 1/4 mile north of Page Mill Rd. (650) 329-2423	<b>Hiking, Fising, Biking</b>	Outdoor Activity	All Ages
<b>Milpitas Parks &amp; Rec</b> 457 East Calaveras Blvd. CA 95035 (408) 586-3210	<b>Martial Art</b>	Basic Tae Kwon Do	All Ages
<b>Mitchell Park Comm. Ctr. / or Jordan Middle School</b> (650) 329-2487	<b>Basketball</b>	Winter Sports	Boys and Girls

# Nutrition Resources



# Nutrition Resources • Santa Clara County

## Selected Food Resources, Santa Clara County

This listing is in no way intended to be all-inclusive. It is a partial list of resources available to help individuals or families with an immediate need for food or those needing supplemental food from various programs.

PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
Santa Clara Public Health Department	976 Lenzen Ave Nutrition and Wellness Unit San Jose, California 95126 (408) 792-5216	
<b>SANTA CLARA COUNTY CERTIFIED FARMERS' MARKETS</b>		
Campbell Farmers' Market	Urban Village FMA – Garrett Schenone Campbell Ave. between 2 <sup>nd</sup> St. and Central Ave.	Sundays - Year Round 9 a.m. – 1 p.m.
Evergreen Farmers' Market	Urban Village FMA – Kevin Woods To be determined	Sundays – May – October 9 a.m. – 1 p.m.
Kaiser Santa Clara CFM	Pacific Coast FMA – Kent Foreman 710 Lawrence Expressway, Santa Clara	Thursdays – Year Round 10 a.m. – 2 p.m.
Kaiser Santa Teresa CFM	Pacific Coast FMA – Kent Foreman Hospital Parkway & Cottle Road	Fridays – Year Round 10 a.m. – 2 p.m.
Los Gatos CFM	So Bay FMA – Su Ellen and Melanie Downtown Park Plaza	Sundays Year Round 8 a.m. – 12:30 p.m.
Los Altos CFM	Urban Village FMA Garrett Schenone State Street between 1st and 3rd Streets	Thursdays - May 4 – September 28 4 p.m. – 8 p.m.
Morgan Hill CFM	Cal FMA – Virginia Sellers Train Station @ 3 <sup>rd</sup> and Depot	Saturdays – January 7 – December 30 9 a.m. – 1 p.m.
Mountain View CFM	Cal. FMA – Jerry Haskell /Hayden Hope and Evelyn	Sundays - January 8 – December 31 9 a.m. – 1 p.m.
Palo Alto Downtown CFM	Nancy Pleibel Gilman Street between - Willow Hamilton and Forest	Saturdays – May 13 – December 9 8 a.m. – 12 p.m.
San Jose Blossom Hill CFM	Cal. FMA – Doug Hayden Princeton Plaza Mall (Koozer & Meridian)	Sundays - January 8 – December 31 10 a.m. – 2 p.m.
San Jose Downtown CFM	Pacific Coast FMA – Tom Nichol San Pedro Square	Fridays - May - December 10 a.m. – 2 p.m.
San Jose Japan Town CFM	Japantown Bus. Association – Kathleen Sakamoto Jackson St. between 6 <sup>th</sup> and 7 <sup>th</sup>	Sundays – Year Round 8:30 a.m. – 12 p.m.
San Jose Willow Glen CFM	So. Bay FMA – Lyn Berti Minnesota and Lincoln – Willow Glen Elementary School	Saturdays – April – November 8:30 – 12:30 p.m.
Santa Clara CFM	Urban Village FMA – Ken Sinclair Jackson Street. – Between Homestead and Benton	Saturdays – Year Round 9 a.m. – 1 p.m.
Santana Row CFM	Pacific Coast FMA – Kent Foreman Stevens Creek and Winchester	Sundays – Year Round 10 a.m. – 3 p.m.
Saratoga CFM	Cal. FMA – Doug Hayden West Valley College – Fruitvale and Allendale Drive	Saturdays January 7 – December 30 9 a.m. – 1 p.m.

# Nutrition Resources • Santa Clara County

PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
Sunnyvale CFM	Urban Village FMA – Garrett Schenone Murphy Ave. between Evelyn and Washington	Saturdays – Year Round 9 a.m. – 1 p.m.
Sunnyvale Music and Market	Urban Village FMA – Garrett Schenone Murphy Ave Between Evelyn and Washington	Wednesdays – July 6 – August 31 5 p.m. – 8:30 p.m.
Vallco CFM	Pacific Coast FMA – Bill Harlow Vallco Fashion Park – N. Wolfe Rd & Stevens Creek, Cupertino	Fridays – Year Round 9 a.m. – 1 p.m.
<b>Santa Clara County WIC Offices</b> Main phone number: (408) 792-5101		
Alviso Health Clinic	1621 Gold St. Alviso, CA 95002	
Bascom WIC	751 S. Bascom Ave. San Jose, CA 95128	
Community Services Agency	204 Stierlin Rd. Mountain View, CA 94043	
Comprecare Health Center	3030 Alum Rock Ave. San Jose, CA 95127	
East Valley WIC	1993 McKee Rd. San Jose, CA 95116	
Emergency Clinic	2410 Senter Rd. San Jose, CA 95111	
Emma Prusch Community Center	647 S. King Rd. San Jose, CA 95116	
Gardner Family Care Corporation	160 E. Virginia St. San Jose, CA 95112	
Gilroy WIC	1235 1 <sup>st</sup> St. Gilroy, CA 95020	
Indian Health Center	1685 Westwood Dr. San Jose, CA 95125	
Park Alameda WIC	976 Lenzen Ave. San Jose, CA 95126	
Sunnyvale WIC	660 S. Fair Oaks Ave. Sunnyvale, CA 94086	
Valley Health Center Tully	500 Tully Rd. San Jose, CA 95111	
<b>SANTA CLARA FOOD STAMP OFFICES</b>		
Assistance Application Center	(408) 271-5500	Monday through Friday 8 – 5
Carnelian Bay Office	(530) 546-1900	Monday through Friday 8 – 5
General Assistance Office	(408) 928-3650	Monday through Friday 8 - 4
North County Office	(650) 988-6100	Monday through Friday 8 – 4:30
South County – Gilroy Office	(408) 846-3900	Monday through Friday 8 – 4:15
South County – San Martin Office	(408) 686-8700	Monday through Friday 8 – 4:30



# Internet Resources



# Internet Resources • Santa Clara 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 • Santa Clara 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.

# Internet Resources • Santa Clara County

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.ecwebguide.com">www.ecwebguide.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/exercise/forchildren.html">www.nlm.nih.gov/medlineplus/exercise/forchildren.html</a>	Professional research resource of health and fitness field.

# Internet Resources • Santa Clara County

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

## Internet Resources • Santa Clara County

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

## Internet Resources • Santa Clara County

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.parentspace.com">www.parentspace.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.

## Internet Resources • Santa Clara County

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



## Internet Resources • Santa Clara County

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The President's Challenge	<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.
Truly Hugh	<a href="http://www.TrulyHugh.com">www.TrulyHugh.com</a>	A website for bodybuilding, health and fitness. Get free fitness tips
Tufts University Nutrition Navigator	<a href="http://www.navigator.tufts.edu">www.navigator.tufts.edu</a>	Nutrition information
U. S. Department of Agriculture	<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.
U. S. Fencing Association	<a href="http://www.usfa.org">www.usfa.org</a>	Fencing website
U. S. Food and Drug Administration	<a href="http://www.fda.gov">www.fda.gov</a>	Information on the nation's food sources
U.S. Department of Health and Human Services	<a href="http://www.cdc.gov/aboutcdc.htm">www.cdc.gov/aboutcdc.htm</a>	Professional research resource of health and fitness field
UC Berkeley Center for Weight and Health	<a href="http://www.cnr.berkeley.edu/cwh">www.cnr.berkeley.edu/cwh</a>	Nutrition information
Ultimate Frisbee	<a href="http://www.access.digex.net/~cdl/ultimate.html">www.access.digex.net/~cdl/ultimate.html</a>	Frisbee website
United Learning	<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
USA Gymnastics	<a href="http://www.usa-gymnastics.org">www.usa-gymnastics.org</a>	Gymnastics website
Verb Crossover for Community-based Organizations	<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.
VERB Youth Media Campaign	<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.
Water Polo	<a href="http://www.h2opolo.com">www.h2opolo.com</a>	Water Polo website
Wellness Councils of America	<a href="http://www.welcoa.org/about.htm">www.welcoa.org/about.htm</a>	Fitness Link
Women's Exercise Network	<a href="http://www.WomensExerciseNetwork.com">www.WomensExerciseNetwork.com</a>	Find a workout partner and make some new friends.



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