

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

**California 5 a Day**

# **Be Active Resource Directory**

CONTRA COSTA COUNTY



# **Welcome to the Contra Costa 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 Contra Costa Department of Health Services 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**

CONTRA COSTA COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources

# *Physical Activity Resources*



# Physical Activity Resources • Contra Costa County

## Selected Physical Activity Resources, Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>ALBANY</b>			
<b>Albany Community Pool</b> 1311 Portland Ave. Albany, CA (510) 559-6640	<b>Water Sports</b> Swimming; Sun AM group for women, Aquatic exercise classes (deepwater, back and arthritis), "Making Waves Program" for women over 250 lbs Call. (510) 524-6470	Women	Lap swim: adults-\$5, Seniors \$4.50, Aquatic exercise-\$6/drop-in, Over 250 lbs Program Sliding Scale-\$6-8.
<b>ANTIOCH</b>			
<b>Antioch Shoreline Park</b> Wilbur exit Hwy 4 (Call for details) Antioch, CA (510) 652-PARK	<b>Outdoor Activity</b> This 7 1/2 acre park offers fishing, picnicking and nice river scenery. This is a nice park for a relaxing walk near the 4-acre meadow.	All	\$4 Parking
<b>Black Diamond Mines Park</b> Somersville Rd (Call for details) Antioch, CA (925) 757-2620	<b>Outdoor Activity</b> 3,914-acre park, 34 miles of trails for hiking. Has underground visitor's center. Has information on tours of the mines and other sites in the park. Camping available.		\$4 Parking
<b>Contra Loma Park</b> Lone Tree Exit Hwy 4 Call for details Antioch, CA (510) 652-PARK	<b>Outdoor Activity</b> 776 acres including 80-acre reservoir for swimming and boating. Bring your own boat or rent sailboard, pedal boats, and kayaks during the summer. Picnic area and trails for hiking and walking.	All	\$4 Parking
<b>Kaiser Lifestyle &amp; Wt. Class</b> 3400 Delta Fair Antioch, CA (925) 779-5147	<b>Weight Loss</b> 11 week class providing education about healthy living including how to change habits, nutrition and exercise.	Adults	\$95-150/11 wks
<b>Senior Citizens Center</b> 415 W. 2nd. Street Antioch, CA (925) 779-2820	<b>Older Adult Exercise</b> Older adult aerobics. Low-impact aerobics are offered to seniors on Monday, Wednesday, and Friday from 9:30 to 11:45 am. Call the Senior Citizen's Center for more information.	Seniors	\$12/yr

# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>BAY POINT</b>			
<b>Ambrose Community Center</b> 3105 Willow Pass Rd. Bay Point, CA (925) 458-1601	<b>Exercise</b> A variety of recreational activities for all ages. Services for seniors age 60+ include a hot meal Mon – Fri. Exercise classes for adults, a weight room for 16+, self-defense classes. Recreational swimming, tennis and basketball courts, baseball fields and picnic tables.	All	Call for rates
<b>BERKELEY</b>			
<b>Kennedy Grove Park</b> Call for details Berkeley, CA (510) 223-7840	<b>Outdoor Activities</b> 218-acre park, hiking trails, horseback riding, bicycling. Frisbee, football, softball, volley ball. Has sports equipment for rent. Open from 8 am - 8 pm	All	\$3 Parking Fee
<b>YMCA</b> 2001 Alston Way Berkeley, CA (510) 848-9622	<b>Water Sports</b> Large facility with/ gym and various fitness classes-aerobics, personal trainers. Has complete fitness and cardio center.	All	\$40/yr for adults; \$25/yr for kids + fee
<b>YWCA</b> 2600 Bancroft Way Berkeley, CA (510) 848-6370	<b>Dance, Yoga</b> Variety of dance classes and yoga. Pre-registration and payment of all fees before class is recommended.		\$15/yr plus per class fee. Class fees not refundable.
<b>BRENTWOOD</b>			
<b>Aquatic Family Park</b> 195 Griffith Lane Brentwood, CA (925) 516-5430	<b>Water Sport</b> Recreational and lap swimming	All	\$3 per swim
<b>Delta Com. Svc. Center</b> 730 3rd. Street Brentwood, CA (925) 634-8275	<b>Exercise</b> Low-impact water-aerobics and Premier exercises offered to seniors Monday, Wednesday, and Friday: 9am to 10am and 10am to 11:30am. Water aerobics offered on Tuesday and Thursdays from 7-8:00pm.	Seniors	\$16-29 for 3 wks
<b>Morgan Territory Park</b> Call for details Brentwood, CA (925) 757-2620	<b>Outdoor Activity</b> Trails for hiking and walking. Excellent views of Mt. Diablo, Mt. St. Helena and the Sierra mountains.	All	Free
<b>Round Valley Park</b> Call for details Brentwood, CA (510) 652-PARK	<b>Outdoor Activity</b> Hiking, biking		\$4 Parking

# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>CONCORD</b>			
<b>Concord Community Pool</b> 3501 Cowell Rd. Concord, CA (925) 671-3474	<b>Swimming</b> Open swimming Monday, Wednesday, and Friday 6am to 2pm; Tuesday and Thursday from 7am to 2pm. Open swimming in the evening on Monday through Thursday 7pm to 8:30pm. Weekend open swimming available – call for information.	All	\$3 per swim
<b>Loma Vista Adult School</b> 1266 San Carlos Ave. Concord, CA (925) 685-7340	<b>Martial Arts</b> Variety of dance, aerobics, and martial arts classes. Call for more information.	Adults	\$16-24r 8-12 wks
<b>CROCKETT</b>			
<b>Carquinez Strait Park</b> call for details Crockett, CA (925) 228-0112	<b>Outdoor Activity</b> 1,305 acres with hiking, horseback riding and bicycle trails. Accessible by public transportation (call 817-1717 for info).	All	Free
<b>DUBLIN</b>			
<b>Dublin Rec/Shannon Community Center</b> 11600 Shannon Avenue Dublin, CA 94568 (925) 829-4932	<b>Water Sports and Recreation</b> See flyer for wide variety of parks and activities in several locations. Classes and other activities: swimming, youth sports dance, martial arts, in-line and ice skating, kickboxing, and Jazzercise. Call Shannon Community Center for more information.	All	Call for rates
<b>Dublin Senior Center</b> Anna Hudson, Director; Camille, Asst. 7600 Amador Valley Blvd Dublin, CA 94568 (925) 829-6316	<b>Aerobics</b> Low-impact aerobics for seniors: Monday, Wednesday, and Friday from 9:30 am to 10:30 am. Sit and stretch Thursdays 9:00 – 10:00am. The cost is variable, but low. Call the Dublin Senior Center for more details.	Seniors	Low cost
<b>Dublin Senior Center</b> 7437 Larkdale Ave Dublin, CA (925) 829-6316	<b>Senior Aerobics</b>	Seniors	Low cost
<b>EL CERRITO</b>			
<b>City of El Cerrito Community Center</b> 7007 Moeser Lane El Cerrito, CA (510) 215-4370	<b>Tennis, dance, swimming, sports, martial arts</b> Tennis, Swimming, Sports, Dance Martial Arts, call for schedules and details. Mon - Fri.	All	Varies
<b>Open House Senior Center</b> 6500 Stockton Ave. El Cerrito, CA (510) 215-4340	<b>Senior Exercise</b> Senior exercise, Low impact aerobics. Classes on M,T, W & Th. Tue, Thu 9:45 am - 10:30 am. Mon, Wed 10:00 am - 11:00 am.	Seniors	\$3 \$3.35 Non Residents



# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>HERCULES</b>			
<b>Hercules Community Swim Center</b> 2001 Refugio Valley Rd. Hercules, CA (925) 799-8291	<b>Water Sports and Exercise</b> Recreational and lap swimming, cardio and weight machines, variety of equipment in fitness center.	All	Swim: \$3-4/day; Fitness center; Youth \$2.50-3.00, Adults \$3.50-4.00
<b>MARTINEZ</b>			
<b>Boys and Girls Club</b> 1301 Alhambra Ave. Martinez, CA (925) 228-3677	<b>Youth Sports &amp; Recreation</b>	Youth	\$24/yr
<b>Briones Park</b> call for details Martinez, CA (510) 562-PARK	<b>Outdoor Activity</b> 5,756-acre park. Hiking, running, bicycling, and horseback riding trails. Archery range, picnic area, youth camping (call 636-1684 for info). Five major access points to the park.	All	\$4 Parking
<b>Kaiser Lifestyle &amp; Wt. Class</b> 200 Muir Rd Martinez, CA (925) 372-1198	<b>Weight Loss</b> 11 week class provides education about healthy living including how to change habits, good nutrition and exercise.	Adults	\$95-150/11 wks
<b>Martinez Adult School</b> 600 F. Street Martinez, CA (925) 228-3330	<b>Exercise</b> Jazzercise (M/W/F from 4:45-5:45 in Multi-Purpose Room), Senior Stretching at the Senior Center, Weight Training at high school gym. Nutrition and education class: "Feeding Your Overweight Child" (under Weight Watchers) also offered for \$20.	Adults	\$2/visit
<b>OAKLAND</b>			
<b>Blue Oak Therapy Center</b> 3101 Telegraph Oakland, CA (510) 649-9818	<b>Weight Loss</b> Individual therapy for adults and adolescents with eating disorders. Call Deborah for information.	Adults	\$25-60 Cost according to family size and income
<b>W. Oakland Senior Center</b> 1724 Adeline St. Oakland, CA (510) 238-7016	<b>Exercise, Yoga</b> Exercise & yoga for seniors. Exercise class Tuesday and Thursday at 9:30 am Friday at 10:45 am. Yoga class Friday at 9am. No required fee, but they ask that you become a member		\$12/yr Membership Fee or \$1/mo.
<b>YMCA</b> 2350 Broadway Oakland, CA (510) 451-9622	<b>Water Sports and Fitness</b> Swimming, fitness		\$35/yr Plus per fee
<b>YMCA</b> 4300 Lakeside Drive Oakland, CA (510) 222-9622	<b>Water Sports, Exercise</b> Swimming, exercise classes, youth sports	Youth Sports	\$57/yr

# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>OAKLEY</b>			
<b>Delta Family YMCA</b> 3460 Main Street Oakley, CA (925) 625-9333	<b>Water Sport</b> Personal training, fitness assessment, youth marital arts, aerobics, swimming, youth sports and a teen "GET FIT" program.	All	\$17-44/Mo.
<b>PITTSBURG</b>			
<b>E. County Boys/Girls Club</b> 1100 Stoneman Ave. Pittsburg, CA (925) 439-5933	<b>Exercise &amp; Fitness</b> This facility offer all sports, game room, cooking, baking, quiet games, fitness equipment and cheerleading classes. Call for more details.	Youth	\$90/yr
<b>Los Medanos College</b> 2760 Leland Road Pittsburg, CA (925) 439-2181	<b>Physical Education</b> PE type classes are offered to the community during the semester for \$18 per unit. The admissions office is open from 8:30 am to 4:40 pm. Call the admission office at extension 7500 for more details.	Adult	\$18/unit
<b>Pittsburg Adult School</b> 1151 Stoneman Ave. Pittsburg, CA (925) 473-4460	<b>Dance</b> Dancercise classes	18 yrs and older	\$8.25/3 Sessions
<b>PLEASANT HILL</b>			
<b>Mt. Diablo YMCA &amp; Pool</b> 350 Civic Drive Pleasant Hill, CA (925) 687-8900	<b>Water Sports</b> Classes, sports, swimming	All	\$48/Mo.
<b>Pleasant Hill Community Center</b> 147 Gregory Lane Pleasant Hill, CA (925) 676-5200	<b>Water Sports, Exercise, Dance</b> <b>Dance and Aerobic classes for adults and older adults.</b> Over 50 in the am and afternoons. Pool opens in May. Call for rates.	All	\$27-56 for 3-9 classes
<b>P.H. Education Center</b> 3100 Oak Park Blvd. Pleasant Hill, CA (925) 937-1530	<b>Exercise</b> Exercise classes	Adults	\$7-40 for up to 11 wks
<b>Senior Center</b> 233 Gregory Lane Pleasant Hill, CA (925) 798-8788	<b>Senior Exercise</b> Low-impact stretching is offered to seniors at no cost. Classes are held in the building at the back. Home-made soup is served after class for \$1.50 per bowl. Call for more details.	Seniors	Free
<b>RICHMOND</b>			
<b>Bay Trail</b> Richmond Marina Richmond, CA	<b>Outdoor Activity</b> Walking trails, fishing, playground	All	Free
<b>Kaiser Lifestyle &amp; Weight Class/Take Off Pounds Sensibly</b> 901 Nevin Richmond, CA (510) 307-2210	<b>Weight Loss</b> Support group behavioral approach to weight loss with education about nutrition and exercise in order to achieve lifestyle changes.	Adults	\$10/yr

# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>Kaiser Lifestyle &amp; Weight Class</b> 901 Nevin Richmond, CA (510) 307-2210	<b>Weight Loss</b> 11 week education class about healthy living including how to change habits, good nutrition and exercise.	Adults	\$95 / 11 weeks members - \$150/11 weeks non-members
<b>Miller/Knox Shoreline Park</b> Call for directions Richmond, CA (510) 562-7275	<b>Miscellaneous Physical Activities</b> 295 acres with a mile-long jogging, biking trail, a picnic area, and swimming. There is also a good place for kite flying.	All	\$4 Parking
<b>MLK Community Center</b> 360 Harbour Way S. Richmond, CA (510) 620-6821	<b>Fitness, Martial Arts</b> Fitness equipment and training, some martial arts classes. Fitness-Monday through Friday, 11 am to 2 pm and 4pm to 8pm, Saturday 9 am to 2pm. Martial classes M-F 4pm to 8pm.		\$10/12 wks
<b>Nevin Community Center</b> 598 Nevin Ave. Richmond, CA (510) 620-6813	<b>Exercise, Youth Sports, Weight Training</b> Weight training and youth sports teams. Weight training after school (4pm to 6pm); youth sports teams are on-going. (Call for information about league schedule).		Free; No charge for participation unless joining a sports tournament.
<b>Point Isabel Park, Bay Trail</b> Call for directions Richmond, CA (510) 562-7275	<b>Outdoor Activity</b> Outdoor recreation, walking trails	All	\$4 Parking
<b>Richmond Annex Senior Center</b> 5801 Huntington Ave. Richmond, CA (510) 620-6812	<b>Exercise</b> Chair exercises and gentle gym are offered Monday, Wednesday, and Friday. Open to seniors. Call center for more details.	Seniors	Free or low cost
<b>Richmond Fitness Center</b> 3230 MacDonald Ave Richmond, CA (510) 620-6911	<b>Exercise</b> Exercise classes	All	\$30/3 Mo.
<b>Richmond Plunge</b> 1 E. Richmond Ave. Richmond, CA (510) 620-6820	<b>Water Sports</b> Swimming	All	\$40/15 time usage
<b>Richmond Senior Center</b> 2525 Macdonald Ave. Richmond, CA (510) 307-8085	<b>Exercise</b> Exercise classes, Martial Arts		Per class fee
<b>Take Off Pounds Sensibly</b> Kaiser 901 Nevin Richmond, CA (510) 307-2210	<b>Support group</b>	adults	\$10/year
<b>Wildcat Canyon Regional Park</b> East end of McBryde Richmond, CA (510) 236-1262	<b>Outdoor Activity</b> 2,428 acre park with trails for walking, hiking, bike riding, and horseback riding. Playground equipment available. Accessible by public transportation (call AC transit at 510-232-5665 for details).		Free

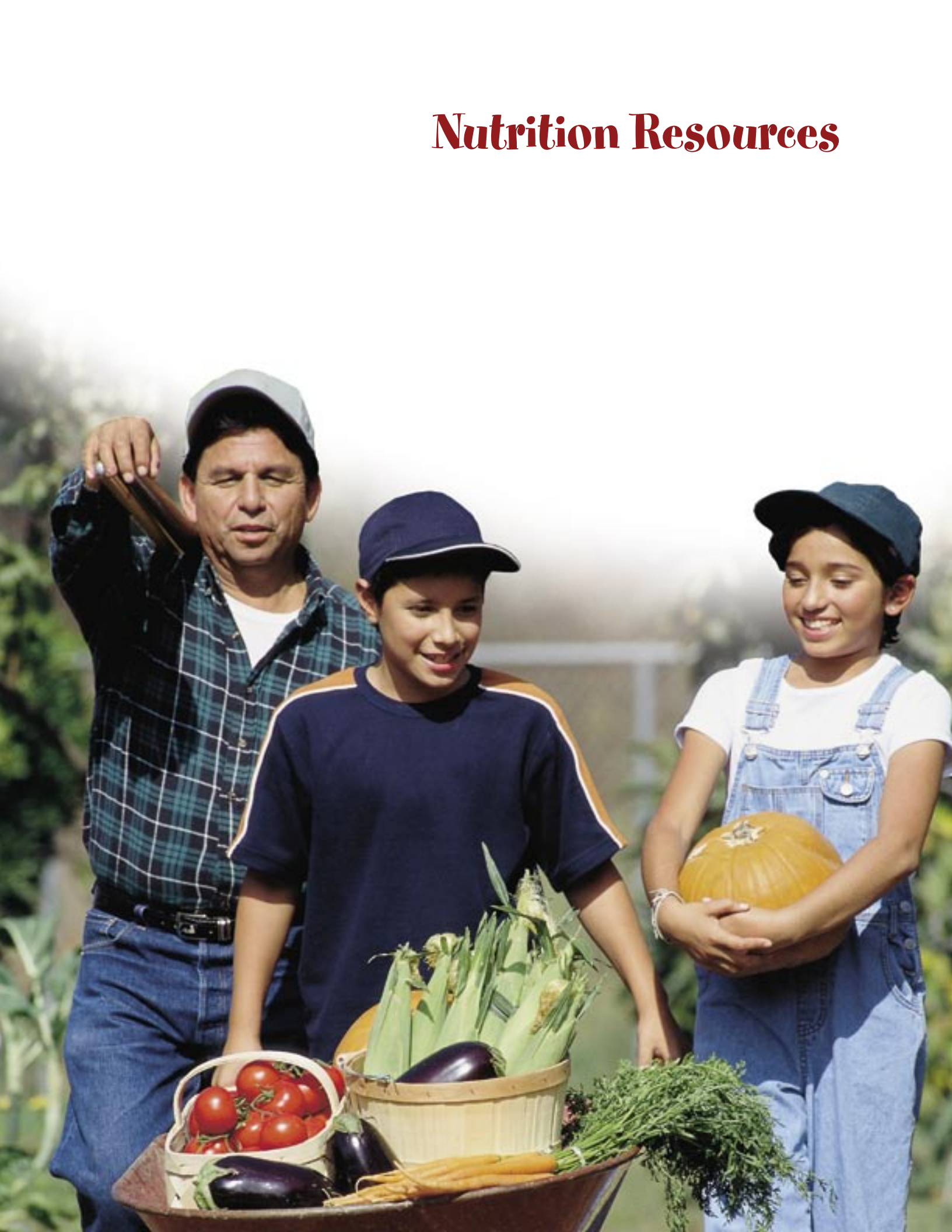
# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>YMCA-Hilltop</b> 4300 Lakeside Drive Richmond, CA (510) 222-9622	<b>Swim/classes/ sports</b>	All	\$ 57/yr
<b>SAN PABLO</b>			
<b>Point Pinole Park</b> Call for directions San Pablo, CA (510) 562-7275	<b>Outdoor Activity</b> Outdoor recreation, walking trails		\$4 Parking
<b>San Pablo Senior Center</b> 1943 Church Lane San Pablo, CA (510) 215-3095	<b>Exercise</b> Exercise class older adults	Seniors	Free
<b>SAN RAMON</b>			
<b>Danville YMCA</b> R. Romero & Alamo Schools San Ramon, CA (925) 831-1100	<b>Water Sports</b> Skating, martial arts, older-adult fitness class, tennis, swimming, youth sports, and dance.	Kids	\$30-50/mo. Call for more details about fees and schedules.
<b>San Ramon City Parks &amp; Community Services</b> 12501 Alcosta Boulevard San Ramon, CA (925) 973-3200	<b>Water Sports, Health &amp; Fitness Classes</b> Health & fitness classes, swimming	All	Call for rates
<b>San Ramon Senior Center</b> 9300 Alcosta Boulevard San Ramon, CA (925) 973-3250	<b>Exercise, Martial Arts</b> Aerobics, yoga, tai chi, sit-down classes	Seniors	\$1.50/class
<b>San Ramon Valley YMCA</b> 1029 La Gonda Way San Ramon, CA (925) 831-1100	<b>Water Sports</b> Swimming and fitness classes	All	Call for rates
<b>WALNUT CREEK</b>			
<b>Castle Rock Park</b> Call for details Walnut Creek , CA (510) 562-PARK	<b>Outdoor Activity, Water Sports</b> 18,000 acre park. Reservations can be made to secure picnic. Call 464-1400 for more details. Also playground equipment, swimming, volleyball courts, a softball field, and group horseback rides from a private stable in the park.	All	\$4 Parking
<b>Kaiser Lifestyle &amp; Weight Class</b> 1425 S. Main Walnut Creek, CA (925) 295-4410	<b>Weight Loss</b> Weight loss class		\$95-150/11 wks
<b>Oak Creek Counseling</b> 39 Quail Court Walnut Creek, CA (925) 942-0812	<b>Weight Loss therapy</b> Counseling center with multiple therapists, mainly individual therapy.		Sliding Scale

# Physical Activity Resources • Contra Costa County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
<b>WC Youth Athletic Association</b> 500 N. San Carlos Drive Walnut Creek, CA (925) 933-4884 www.wcyaa.com	<b>Youth Sports &amp; Martial Arts. Various, Sports, dance, baseball</b> Soccer, football, basketball and baseball offered seasonally. Dance and martial arts. Call the Youth Association for details about classes, schedules and fees.	Youth	\$40-50 See website
<b>MULTIPLE LOCATIONS</b>			
<b>Jenny Craig</b> Call for details Multiple sites, CA (510) 215-1500	<b>Weight Loss</b> This is a business offering a support groups and food plans for purchase. Call for information about membership options and fees.	All	Membership fee plus cost of food
<b>Overeaters Anonymous</b> Concord, Oakland, Multiple sites (925) 825-0448	<b>Self help group</b>	Adults	Free or Make Donation
<b>Weight Watchers</b> Albany, Oakland, Pinole, Vallejo, CA (800) 651-6000	<b>Weight Loss</b> Weight loss plan, meetings		\$24 enrollment plus \$10-13/mtg
<b>West Contra Costa Adult Ed.</b> Multiple locations, Multiple sites, CA (510) 215-4666	<b>Exercise, Dance</b> Exercise & dance classes	All	Call for class fee

# *Nutrition Resources*



# Nutrition Resources • Contra Costa County

## Selected Food Resources, Contra Costa 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. For the most current, complete listing of resources, please contact Contra Costa Health Services.

PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
<b>CONTRA COSTA HEALTH SERVICES</b>		
<b>Contra Costa Health Services Community Wellness and Prevention Program</b>	597 Center Avenue, Suite #115 Martinez, CA 94553	<a href="http://coprevention.org">http://coprevention.org</a>
<b>Contra Costa Health Services On the Move with Foodwise</b>	597 Center Ave, Suite #115 Martinez, CA 94553 Ph: (925) 313-6820 Fax: (925) 313-6840	<a href="http://cchealth.org">http://cchealth.org</a>
<b>WIC OFFICES</b>		
<b>Concord WIC</b>	2355 Stanwell Circle Concord, CA 94520 (925) 646-5370	Hours: Monday - Friday 7:30 a.m. to 4:30 p.m.
<b>Richmond WIC</b>	39 <sup>th</sup> and Bissell Richmond, CA 94805 (510) 231-8600	Hours: Monday - Friday 7:30 a.m. to 4:30 p.m.
<b>Pittsburg WIC</b>	2311 Loveridge Road Pittsburg, CA 94565 (925) 431-2460	Hours: Monday-Friday 7:30 a.m. to 4:30 p.m.
<b>Brentwood WIC</b>	171 Sand Creek Road, Suite A Brentwood, CA 94513 (925) 427-8640	Hours: Wednesdays and Thursdays Also open two Mondays per month (varies) 7:30 a.m. to 4:30 p.m.
<b>FARMERS' MARKETS AND FARM STANDS</b>		
<b>Concord Farmers' Market</b>	Todos Santos Plaza	Tuesdays 10 a.m. – 2p.m. Thursdays (May – Oct) 4 to 8 p.m.
<b>Danville Farmers' Market</b>	Railroad at Prospect Ave.	Thursdays (May through September) 4 p.m. to 8 p.m. Tuesdays and Saturdays 9 a.m. to 1 p.m.
<b>El Cerrito Farmers' Market</b>	El Cerrito Plaza, San Pablo at Fairmont Ave.	Tuesdays and Saturdays 9 a.m. to 2 p.m. through October
<b>Martinez Farmers' Market</b>	Court Street and Main Street	Thursdays May through November – 10 a.m. to 2 p.m. Sundays (May - November – 10 a.m. to 2 p.m. through October
<b>Orinda Farmers' Market</b>	Avenida de Orinda, 2 blocks north of Safeway	Saturdays (May – Nov.) 9 a.m. to 1 p.m. through November
<b>Pinole Farmers' Market</b>	City Hall Parking Lot, Plum and Prune Streets	Saturdays (May – Nov) 9 a.m. to 1 p.m.
<b>Pittsburg Farmers' Market</b>	Railroad and 6 <sup>th</sup> Street	Saturdays (May – Nov) 9 a.m. to 1 p.m. – EBT accepted
<b>Pleasant Hill Farmers' Market</b>	City Hall, 100 Gregory Lane	Saturdays (May – Oct) 10 a.m. to 2 p.m.
<b>Richmond Farmers' Market</b>	MacDonald Ave. and Civic Center Plaza	Fridays (year round) 11 a.m. to 5 p.m. – EBT accepted

# Nutrition Resources • Contra Costa County

PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
Walnut Creek Farmers' Market	Lincoln Ave. and N. Broadway	Sundays (year round) 8 a.m. to 1 p.m.
Farm Stand	Kaiser Permanente Richmond Medical Center 901 Nevin	Wednesdays (year round) 10 a.m. to 3 p.m.
Swap Meet	Solano Swap Meet 1161 Solano Way, Concord	Year round Saturdays and Sundays 7 a.m. to 4 p.m.
Antioch Swap Meet	1025 West 10 <sup>th</sup> Street (County Fairgrounds)	Year Round Saturdays and Sundays 7a.m. to 3 p.m.
<b>FOOD STAMP RESOURCES</b>		
Employment and Human Services Department, Antioch	4545 Delta Fair Boulevard, Antioch (925) 706-4980	You may apply here
Employment and Human Services Department, Hercules	151 Linus Pauling Drive, Hercules (510) 262-7709	You may apply here
Employment and Human Services Department, Martinez	30 Muir Road, Martinez (925) 313-7987	You may apply here
Employment and Human Services Department, Richmond	1275A Hall Ave., Richmond (510) 231-8114	You may apply here
Employment and Human Services Department, Richmond	1305 Macdonald Ave., Richmond (510) 412-3280	You may apply here
<b>FOOD BANKS: 1-800-870-FOOD</b>		
Contra Costa County Community Services	2425 Bisso Lane, Suite 120 Concord CA 94520 Tel: (925) 646-5540 Fax: (925) 646-5551	Contra Costa County Community Services offers a comprehensive system of child nutrition services to low-income children and families for preventing health and nutrition problems and intervening promptly when they exist.
University of California Cooperative Extension	75 Santa Barbara Road 2 <sup>nd</sup> Floor Pleasant Hill, CA 94523-42156 Phone: (925) 646-6708	n/a
The Contra Costa Child Care Council	1035 Detroit Ave., Suite 200 Concord, CA 94518 (925) 676-5442	The Contra Costa Child Care Council is a private, non-profit corporation. Through area offices in Richmond, Concord and Antioch, and a satellite office in Brentwood, the Council offers a wide variety of child care programs and services designed to support and empower parents and child care providers. Hours: Monday – Friday 9-5 nutrition@cocokids.org



# *Internet Resources*



# Internet Resources • Contra Costa 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 • Contra Costa 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 • Contra Costa 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.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.

## Internet Resources • Contra Costa County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
Exercise for Seniors	<a href="http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html">www.nlm.nih.gov/medlineplus/exerciseforseniors.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 • Contra Costa 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 • Contra Costa 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.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.

## Internet Resources • Contra Costa 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 • Contra Costa County

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*  
September 2006