

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

California 5 a Day

Be Active Resource Directory

SAN MATEO COUNTY



Welcome to the San Mateo 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 San Mateo County Nutrition Services Team, San Mateo County Health Services, Registered Dietitians, San Mateo Medical Center 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

SAN MATEO COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources

Physical Activity Resources



Physical Activity Resources • San Mateo County

Selected Physical Activity Resources, San Mateo County

| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|--|--|----------------------|--|
| BELMONT | | | |
| Belmont Parks and Recreation 1225 Ralston Avenue Belmont, CA 94002 (650) 595-7441 www.belmont.gov | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobic Exercise, Dancing, Walking, Health Ed., Health Screening Transportation available-call. English, Chinese, and Spanish spoken. | Seniors | No Cost |
| Peninsula Jewish Community Center 2440 Carlmont Drive Belmont, CA 94002 (650) 591-4438 ww.pjcc.org | Yoga, Stretching & Balance, Strength Training, Water Aerobics, Walking, Health Ed, Health Screening, ADA classes M-Th 6am-9pm. Sat-Sun 9am-6pm. Transportation available-call. English, Italian, French, and Hebrew spoken. | Seniors | Member fee plus \$28-\$66/mo. |
| Public Swimming Pools 1400 Alameda de las Pulgas Belmont, CA (650) 595-7441 Carlmont High School | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| Twin Pines Senior Center 1223 Ralston Avenue Belmont, CA 94002 (650) 595-7444 www.belmont.gov/localgov/prec/snrctr.html | Stretching & Balance, Strength Training, Aerobic Exercise, Dancing, Walking, Health Ed, Health Screening, ADA M-F 9am-5pm. English, Dutch spoken. | Seniors | Varies. Up to \$6 or free |
| BRISBANE | | | |
| Brisbane Parks and Recreation 50 Park Place Brisbane, CA 94005 (415) 508-2100 www.ci.brisbane.ca.us | Yoga, Tai Chi, Aerobics, Water Aerobics, Dancing, Walking, Health Ed, Health Screening M-F 8am-5pm. | Seniors | \$5 club fee. Up to \$6 class fee or free |
| Public Swimming Pools 2 Solano St. Brisbane, CA (415) 657-4321 Brisbane Community Pool | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| BURLINGAME | | | |
| Burlingame Parks and Recreation 850 Burlingame Avenue Burlingame, CA 94010 (650) 558-7300 www.burlingame.org | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobic Exercise, Dancing, Walking, Health Ed. M-TH 8am-8pm. Sat 8am-10:30 am. English spoken. | Seniors | \$4-\$6 per class or free. Discounts for 65+ |
| Prime Time Athletic Club 1730 Rollins Road Burlingame, CA 94010 (650) 697-7311 www.primetimeathleticclub.com | Health Club | General | Call for Details |

Physical Activity Resources • San Mateo County

| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|---|---|----------------------|--|
| Public Swimming Pools 1 Mangini Way Burlingame, CA (650) 558-7322 | Swimming Lap and recreational swimming, lessons and other activities. | Youth | Call for Details |
| Royal Athletic Club 1718 Rollins Road Burlingame, CA 94010 (650) 692-3300 www.royalathleticclub.com | Health Club | Adults | |
| World Gym Fitness Center 888 Hinckley Road Burlingame, CA 94010 (650) 259-8000 | Health Club | General | Call for Details |
| DALY CITY | | | |
| 24-Hour Fitness Daly City, CA (650) 756-3303 www.24hourfitness.com | Health Club | Adults | |
| Curves for Women Daly City, CA (650) 994-2145 www.curvesinternational.com | Health Club | Women | Call for Details |
| Daly City Parks and Recreation 111 Lake Merced Boulevard Daly City, CA 94015 (650) 991-8001 www.dalycity.org | Yoga, Tai Chi, Strength Training, Water Aerobics, Dancing, Health Ed. M,T,Th,F 8:30am-4:30pm. W 8:30am-6pm. English spoken. | Seniors | \$4-\$6 and up |
| Doelger Senior Center 101 Lake Merced Boulevard Daly City, CA 94015 (650) 991-8012 www.doelgercenter.com | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Dancing, Walking, Health Ed, Health Screening, ADA classes M-F 9am-4pm. Sat 10am-2pm. ADA classes provided. English, Spanish, Chinese, and Samoan spoken. | Seniors | Yoga-varies. Dancing- under \$4. All others free. \$16 member fee. \$20 Non-Residents |
| Fitness USA 386 Gellert Boulevard Daly City, CA 94015 (650) 755-0600 www.fitnessusa.com | Health Club | Adults | |
| Gideons Gym & Fitness Co. 30 Hill Street Daly City, CA 94014 (650) 994-5679 | Health Club | Adults | |
| Junior Giants (During Summer) Daly City, CA (650) 746-8345/991-8004 Denise Patch | | | |
| Lincoln Park Community Center 901 Brunswick Street Daly City, CA 94014 (650) 991-8018 www.doelgercenter.com | Tai Chi, Stretching & Balance, Aerobics, Dancing, Health Ed, Health Screening M,T,Th,F 9am-2pm. English, Spanish, and Chinese spoken. | Seniors | Aerobics- varies. Dancing- under \$4. Others free |

Physical Activity Resources • San Mateo County

| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|--|---|----------------------|---|
| Public Swimming Pools 131 Westmoor Ave. Daly City, CA (650) 991-8001 Giammona-Westmoor Pool | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| Self-Help for the Elderly 1571 Southgate Avenue Daly City, CA 94015 (650) 757-0881 www.selfhelpelderly.org | Dancing, Health Ed, Health Screening 9am-3pm. English, Chinese spoken. | Seniors | Dancing- donation. Others free |
| EAST PALO ALTO | | | |
| East Palo Alto Community Services 550 Bell Street East Palo Alto, CA 94303 (650) 853-6140 www.ci.east-palo-alto.ca.us/community | Aerobics, Health Ed M-F 9am-8pm. Sat 10am-4pm. English, Spanish spoken. | Seniors | Aerobics- \$6 and over. Health Ed- free |
| East Palo Alto Senior Center 560 Bell Street East Palo Alto, CA 94303 (650) 329-5900 www.ci.east-palo-alto.ca.us/community | Tai Chi, Aerobics, Walking, Health Ed. Health Screening M-F 9am-5pm. Call for transportation. English, Spanish spoken. | Seniors | Tai Chi-under \$4. All others free |
| Girls on the Run East Palo Alto, CA (415) 563-8942 www.gotrsf.org | Running After school running program for girls 3rd-8th grades. Encourages emotional, social, mental and physical development. | Girls 3rd-8th grade | Income-based scholarships |
| Junior Giants East Palo Alto, CA (650) 207-1943 Raymond Askew | | | |
| YMCA-East Palo Alto Branch 550 Bell Street, Bldg. B East Palo Alto, CA 94303 (650) 328-9622 www.ymcamidpen.org | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Health Ed. M-F 9am-6pm. | Seniors | Member fee plus \$34-\$69/month |
| EL GRANADA | | | |
| Coastal Lifestyles Health & Fitness Center 371 Princeton Avenue El Granada, CA 94018 (650) 728-1031 www.coastallifestyles.org | Health Club | Adults | |
| FOSTER CITY | | | |
| Foster City Athletic Club 1159 Chess Drive Foster City, CA 94404 (650) 377-1991 www.fcathleticclub.com | Health Club | Adults | |
| Foster City PAL Foster City, CA (510) 562-8470 | Martial Arts Judo Program | Youth 5 and up | Call for Details |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|---|---|----------------------|---|
| Foster City Parks and Recreation 650 Shell Boulevard Foster City, CA 94404 (650) 286-3380 www.fostercity.org/services/recreation | Yoga, Tai Chi, Stretching & Balance, Aerobics, Dancing M-Th 8am-10pm. F 8am-5pm. Sat 9am-4pm. Call for transportation. English, Spanish spoken. | Seniors | Dancing varies. Other classes above \$6 |
| Foster City Senior Wing 650 Shell Boulevard Foster City, CA 94404 (650) 286-2585 www.fostercity.org/services/recreation | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Dancing, Health Ed., Health Screening M-F 10am-6pm. Call for transportation. English, Spanish spoken. | Seniors | Free |
| HALF MOON BAY | | | |
| Boys & Girls Club of the Coastsides Half Moon Bay, CA (650) 712-9710 www.bgc-coastside.org | | | |
| Curves for Women Half Moon Bay, CA (650) 726-1986 www.curvesinternational.com | Health Club | Women | Call for Details |
| Half Moon Bay Parks and Recreation 535 Kelly Avenue Half Moon Bay, CA 94019 (650) 726-8297 http://ci.half-moon-bay.ca.us/parks-rec.htm | Tai Chi, Strength Training, Aerobics, Dancing, Walking M-F 8:30am-5pm. English spoken. | Seniors | Above \$6 |
| Senior Coastsiders 535 Kelly Avenue Half Moon Bay, CA 94019 (650) 726-9056 www.seniorcoastsiders.org | Yoga, Stretching & Balance, Strength Training, Walking, Health Ed, Health Screening, ADA classes M-F 8am-4pm. English, Spanish, French, and Portuguese spoken. | Seniors | Health Ed & Screening-free. Other classes below \$4 |
| MENLO PARK | | | |
| Basic Training Fitness Club 161 Constitution Drive Menlo Park, CA 94025 (650) 853-1778 www.btfitness.com | Health Club | Adults | |
| Fitness 101 40 Scott Drive Menlo Park, CA 94025 (650) 321-7900 www.fitness101.com | Health Club | Adults | |
| Menlo Park Parks and Community Services 701 Laurel Street Menlo Park, CA 94025 (650) 330-2200 www.menlopark.org | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Dancing M-Th 8am-9:30pm, F 8am-6pm. English, Spanish spoken. | Seniors | \$4 and up |
| Menlo Park Senior Center 110 Terminal Avenue Menlo Park, CA 94025 (650) 856-7180 www.menlopark.org | Stretching & Balance, Strength Training, Walking, Health Ed, Health Screening, ADA M-F 8am-4:30pm. English spoken. | Seniors | Free |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|---|--|----------------------|---|
| Peninsula Volunteers Little House 800 Middle Avenue Menlo Park, CA 94025 (650) 326-2025 www.peninsulavolunteers.org | Yoga, Tai Chi, Stretching & Balance, Aerobics, Dancing, Health Ed, Health Screening M-F 9am-4pm. Sat 10am-4pm. English spoken. | Seniors | Classes range from under \$4 to above \$6. Other classes vary. Health Ed-free |
| MILLBRAE | | | |
| Curves for Women Millbrae, CA (650) 589-9790 www.curvesinternational.com | Health Club | Women | |
| Millbrae Parks and Recreation 477 Lincoln Circle Millbrae, CA 94030 (650) 259-2360 www.ci.millbrae.ca.us | Yoga, Tai Chi, Aerobics, Dancing M-Th 9am-9pm. F 9am-5pm. Sat 8:30am-12pm. English spoken. | Seniors | \$4 and up |
| Millbrae Senior Center 477 Lincoln Circle Millbrae, CA 94030 (650) 259-2370 www.ci.millbrae.ca.us | Yoga, Tai Chi, Aerobics, Dancing, Walking, Health Ed, Health Screening M-F 9am-3:30pm. Call for transportation. ADA classes. English, Spanish, and Chinese spoken. | Seniors | |
| PACIFICA | | | |
| 24-Hour Fitness Pacifica, CA (650) 738-7824 www.24hourfitness.com | Health Club | Adults | |
| Curves for Women Pacifica, CA (650) 738-0400 www.curvesinternational.com | Health Club | Adults | |
| Pacifica Parks, Beaches and Recreation 170 Santa Maria Avenue Pacifica, CA 94044 (650) 738-7381 www.active.com/browse/pacifica | Yoga, Tai Chi, Stretching & Balance, Dancing M,T,Th 8:30-5pm. W 8:30-7pm. F 8:30-1:30pm. English spoken. | Seniors | \$6 and up. Discounts for 65+ |
| Public Swimming Pools Oceana Swimming Pool 401 Paloma Avenue Pacifica, CA (650) 738-7381 | Swimming Open year-round. Heated indoor pool. | Youth | Call for Details |
| Seniors in Action 540 Crespi Drive Pacifica, CA 94044 (650) 738-7384 | Yoga, Stretching & Balance, Strength Training, Aerobics, Dancing, Health Ed, Health Screening M-Th 9am-4pm. F 9am-1:30pm. Call for transportation. English spoken. | Seniors | Stretching & Balance, Dancing-under \$4. Other classes free |
| PALO ALTO | | | |
| Community Association of Rehabilitation (CAR) Palo Alto, CA (650) 494-0550 (650) 812-2830 www.c-a-r.org | Creative Recreation after school program | Call for Details | |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|---|--|--|------------------|
| REDWOOD CITY | | | |
| Accessible Recreation Activities Program (ARAP) Redwood City, CA (650) 780-7313 | Physical, social and life skills activities for ages 14 and up. Theater trips, art, drama, fitness classes and special events Special needs programs for kids and teens with physical, mental and/or emotional challenges. | Kids with physical, mental and/or emotional challenges | |
| Curves for Women Redwood City, CA (650) 368-1700 www.curvesinternational.com | Health Club | Women | |
| El Concilio of San Mateo County 2600 Middlefield Road Redwood City, CA 94063 (650) 780-7514 www.el-concilio.com | Stretching & Balance, Strength Training, Aerobics, Dancing, Walking, Health Ed, Health Screening M-Sat 8am-5pm. ADA classes. English, Spanish spoken. | Seniors | Free |
| Fair Oaks Senior Center 2600 Middlefield Road Redwood City, CA 94063 (650) 780-7525 www.redwoodcity.org | Aerobics, Health Ed, Health Screening M-F 9am-5pm. ADA classes. English, Spanish spoken. | Seniors | Free |
| Junior Giants Redwood City, CA (650) 556-1650 Chris Rasmussen | | Youth | Call for Details |
| Latina Curves - Moving Towards Health Redwood City, CA 369-1411 x6492 Maria Mosqueda | Fitness | Women | Call for Details |
| Pacific Athletic Club 200 Redwood Shores Parkway Redwood City, CA 94065 (650) 593-9100 www.pacclub.com | Health Club | General | |
| Peninsula Covenant Center 3623 Jefferson Avenue Redwood City, CA 94062 (650) 364-6272 www.peninsulacovenant.com/center | Health Club | General | |
| Powerhouse Gym 2075 Broadway Street Redwood City, CA 94063 (650) 369-6000 www.peninsulaonline.com | Health Club | General | |
| Public Swimming Pools 1315 Madison Avenue Redwood City, CA (650) 780-7250 Herkner Memorial Pool | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| Redwood City Athletic Club 515 Veterans Boulevard Redwood City, CA 94063 (650) 365-3800 | Health Club | General | |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|--|---|----------------------|--|
| Redwood City Parks and Recreation 1400 Roosevelt Avenue Redwood City, CA 94061 (650) 780-7250 www.redwoodcity.org | Yoga, Tai Chi, Stretching & Balance, Aerobics, Dancing M-F 8am-5pm. ADA classes. English spoken. | Seniors | \$6 and up |
| Sequoia Hospital Health and Wellness 702 Marshall Street Redwood City, CA 94601 (650) 367-5998 www.sequoiahospital.org | Stretching & Balance, Strength Training, Health Ed, Health Screening M-F 8:30am-5pm. ADA classes. English spoken. | Seniors | Health Ed- free. Other classes vary |
| Veterans Memorial Senior Center 1455 Madison Avenue Redwood City, CA 94601 (650) 780-7270 www.redwoodcity.org | Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Dancing, Walking, Health Ed, Health Screening M-F 9am-5pm. Call for transportation. English, Spanish spoken. | Seniors | Stretching & Balance, \$6. Water Aerobics, \$6 and up. Dancing, some classes under \$6. Other classes free |
| Women of Substance Health Spa 363 Main Street, Suite C Redwood City, CA 94063 (650) 369-6626 www.women-of-substance.com | Health Club | Women | |
| YMCA Mid Peninsula-Sequoia Branch 1445 Hudson Street Redwood City, CA 94061 (650) 368-4168 www.ymcamidpen.org | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Health Ed, Health M-Th 5:30-10pm. F 5:30-8:30pm. Sat-Sun 9-5pm. English, Spanish spoken. | Seniors | Membership fees, call for details |
| SAN BRUNO | | | |
| Crystal Springs & Oak Avenues San Bruno, CA 94066 (650) 616-7180 www.ci.sanbruno.ca.us | Yoga, Tai Chi Water Aerobics, Dancing M-F 8am-9am. Sat-Sun 9am-5pm. English spoken. | Seniors | \$6 and up |
| Junior Giants San Bruno, CA (650)873-0856 Bob Greenburg | | | |
| Public Swimming Pools Woodside Rd. & Spring St. San Bruno, CA (650) 616-7180 | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| San Bruno Senior Center 1555 Crystal Springs Road San Bruno, CA 94066 (650) 616-7150 www.ci.sanbruno.ca.us | Yoga, Tai Chi, Aerobics, Dancing, Walking, Health Ed, Health Screening M-F 8am-4pm. Call for transportation. English spoken. | Seniors | Dancing costs vary. Some free classes. Some classes require donation |
| San Carlos Parks and Recreation 601 Chestnut Street San Bruno, CA 94070 (650) 802-4382 www.ci.san-carlos.ca.us | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Dancing M-F 8am-5pm. English spoken. | Seniors | \$4-\$6 and up. Dancing varies |
| SAN CARLOS | | | |
| 24-Hour Fitness San Carlos, CA (650) 595-3000 www.24hourfitness.com | Health Club | Women | |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|--|--|----------------------|-----------------------------------|
| Curves for Women San Carlos, CA (650) 631-1900 www.curvesinternational.com | Health Club | General | |
| Junior Giants San Carlos, CA (650) 802-4277 Don Davenport | Fitness | Youth | |
| Personality Fit 900 Laurel Street San Carlos, CA 94070 (650) 593-6129 | Health Club | General | |
| San Carlos Senior Center 601 Chestnut Street San Carlos, CA 94070 (650) 802-4384 www.ci.san-carlos.ca.us | Tai Chi, Stretching & Balance, Aerobics, Dancing, Health Ed, Health Screening M-F 9am-5pm. Call for transportation. English spoken. | Seniors | All classes free up to \$6 |
| SAN MATEO | | | |
| 24-Hour Fitness San Mateo, CA (650) 343-7922 www.24hourfitness.com | Health Club | General | |
| Curves for Women San Mateo (north), CA (650) 347-1255 www.curvesinternational.com | Health Club | Women | |
| Curves for Women San Mateo (south), CA (650) 349-1045 www.curvesinternational.com | Health Club | Women | |
| Junior Giants San Mateo, CA (650) 522-7553 Amber Shong | Fitness | Youth | |
| Mills-Peninsula Senior Focus, Inc. 100 South San Mateo Drive San Mateo, CA 94401 (650) 696-5600 www.mills-peninsula.org | Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Walking, Health Ed, Health Screening M-F 9am-4:30pm. ADA classes. English spoken. | Seniors | Classes typically up to \$6 |
| Peninsula Family YMCA 1877 South Grant Street San Mateo, CA 94402 (650) 286-9622 www.peninsulafamilyymca.org | Yoga, Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Dancing M-F 5:30-10pm. Sat 7-7pm. Sun 8-7pm. English, Spanish, and Russian spoken. | Seniors | Member fee \$47 to \$62 per month |
| Public Swimming Pools 2111 Kehoe Avenue San Mateo, CA (650) 522-7460 Jainville Swim Center | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|---|--|----------------------|--|
| Public Swimming Pools 725 Monte Diablo San Mateo, CA (650) 522-7465 King Swim Center | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| Public Swimming Pools Alameda de las Pulgas and 25th Avenue San Mateo, CA (650) 341-5471 Hillsdale Swim Center | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| Public Swimming Pools Orange & Tennis Drive San Mateo, CA (650) 875-6973 Orange Memorial Pool | Swimming Lap and recreational swimming, lessons and other activities. Call for dates, prices and hours. | Youth | Call for Details |
| San Mateo City Parks and Recreation 330 West 20th Avenue San Mateo, CA 94403 (650) 522-7400 www.cityofsanmateo.org | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Dancing M-F 8am-5pm. English spoken. | Seniors | Dancing varies. All others \$4-\$6/class |
| San Mateo Senior Center 2645 Alameda de las Pulgas San Mateo, CA 94403 (650) 522-7490 | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Dancing, Walking, Health Ed. M-F 9am-5pm. Call for transportation. ADA classes. English, Spanish spoken. | Seniors | Most classes \$4-\$6. Dancing varies. Health Ed free |
| Self-Help for the Elderly 50 East 5th Avenue San Mateo, CA 94401 (650) 342-0822 www.selfhelpelderly.org | Tai Chi, Stretching & Balance, Strength Training, Aerobics, Dancing, Health Ed, Health Screening M-F 8:30am-5:30pm. English, Chinese spoken. | Seniors | Donation, Health Ed & Screening-free |
| The body Studio 346 North Ellsworth Avenue San Mateo, CA 94401 (650) 401-5671 www.bodystudioforfitness.com | Health Club | General | |
| SOUTH SAN FRANCISCO | | | |
| El Camino Senior Center 33 Arroyo Drive South San Francisco, CA 94083 (650) 877-5996 | Tai Chi, Dancing, Health Ed, Health Screening M-F 10am-4pm. Call for transportation. English, Spanish spoken. | Seniors | Free |
| Junior Giants South San Francisco, CA (650) 589-1090 x21 | | | |
| Magnolia Senior Center 601 Grand Avenue, 3rd Floor South San Francisco, CA 94080 (650) 829-3820 | Tai Chi, Dancing, Health Ed, Health Screening M-Sat 9am-4pm. Sun 12pm-4pm. Call for transportation. English, Spanish spoken. | Seniors | Free |
| Physique Magnifique 387 Grand Avenue South San Francisco, CA 94080 (650) 583-8648 www.physiquemagnifique.com | Health Club | General | |

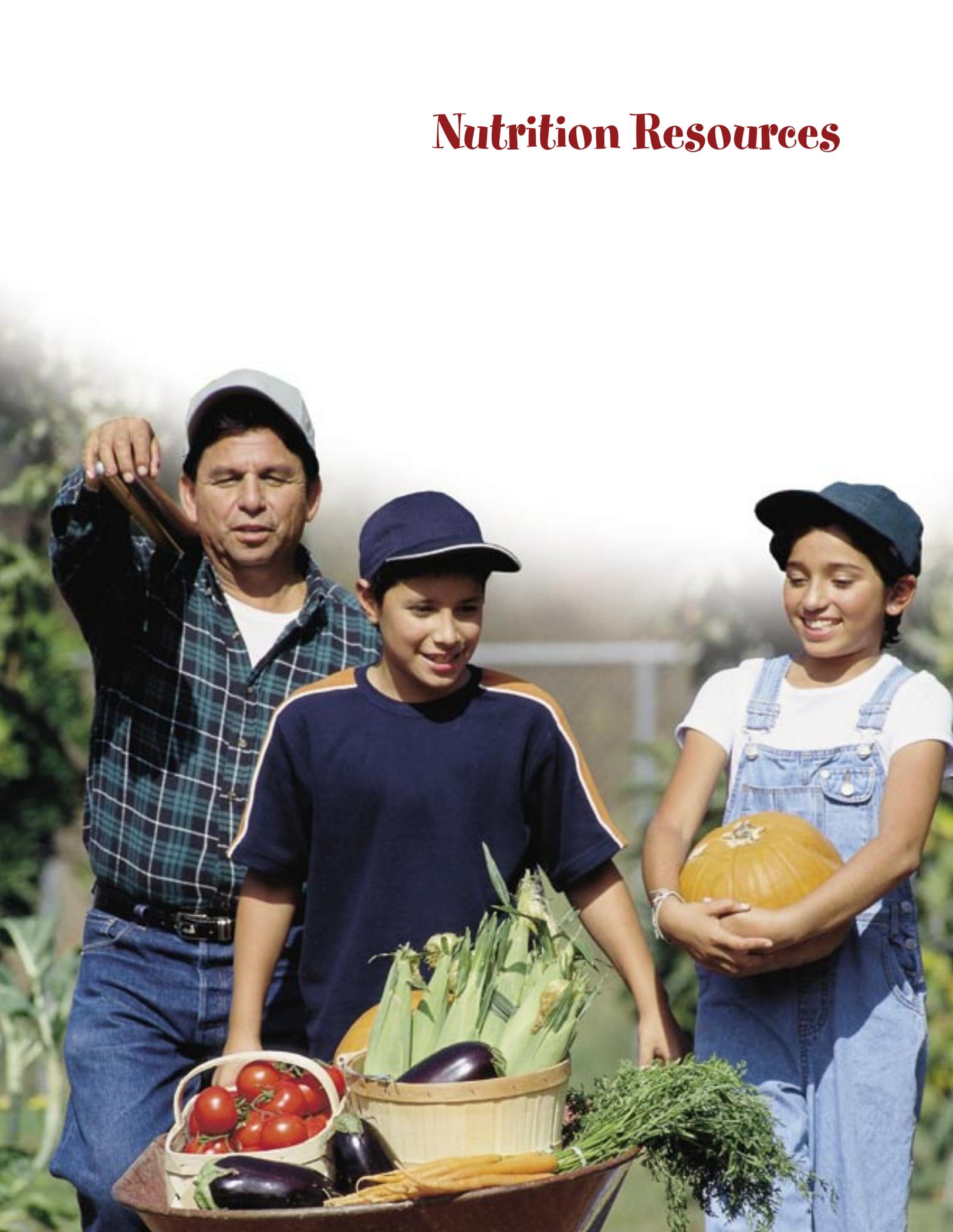
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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|--|---|---|--|
| Schoebers Athletic Club 425 Eccles Avenue South San Francisco, CA 94080 (650) 873-8500 www.shoebersclubs.com | Health Club | General | |
| South San Francisco Parks and Recreation 33 Arroyo Drive South San Francisco, CA 94080 (650) 829-3800 www.snacra.org/ssf.htm | Yoga, Tai Chi, Stretching & Balance, Strength Training, Aerobics, Water Aerobics, Dancing, Walking M-F 8am-5pm | Seniors | Varies up to \$6 |
| MULTIPLE LOCATIONS | | | |
| Sequoia Adult School Belmont, Menlo Park, Redwood City, San Carlos, CA (650) 306-8866 www.adultschool.seq.org | Tai Chi, Stretching & Balance, Strength Training, Dancing M-F 8:30am-4:30pm. Evening classes-call for information. Call for details. | Seniors | Classes under \$4. Dancing- \$4-\$6. Discounts for 55+ |
| San Mateo Adult & Community Education Burlingame, Foster City, Millbrae, San Bruno, CA (650) 588-2100 www.smace.org | Yoga, Tai Chi, Stretching & Balance, Aerobics, Dancing M-F 8am-4:30pm. Evening classes-call for information. ADA classes. Call for details. | Seniors | Donation for classes. Cost of dance class varies |
| Boys & Girls Club of the Peninsula East Palo Alto, Menlo Park, Redwood City, CA (650) 322-8065 www.bgcp.org | | | |
| Mid-Peninsula Boys & Girls Club San Mateo, Daly City, CA (650) 347-9891 www.midpenbgc.org | Sports, Fitness and Recreation | Youth | |
| South San Francisco Parks and Recreation Various locations in South San Francisco, CA (650) 877-8844 www.smcoe.k12.ca.us/ssfusd/as | Stretching & Balance, Strength Training, Aerobics M-F 8:15am-4pm. Evening classes-call for information. | Seniors | Under \$4. Free for age 62+ |
| American Association of Retired Persons (AARP) www.aarp.org | Internet Resources | General | |
| Betty Wright Swim Center (650) 494-1480 | Pool for therapy, fitness and recreation | Kids with physical, mental and/or emotional challenges | |
| PARCA (650) 312-0730 | Recreational and social activities | Kids with physical, mental and/or emotional challenges | |
| REACH Program (650) 871-7313 | Integrated before and after-school and summer day camp programs. | Kids with physical, mental and/or emotional challenges. Ages 5-12 | Some subsidized slots available |

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| PROGRAM/ ORGANIZATION | TYPE OF ACTIVITY/ DESCRIPTION | TARGET POPULATION | COST |
|---|---|---|---|
| San Mateo PAL (650)522-7725 | Outdoor trips, sports leagues, martial arts, ropes courses, etc. Police Activities League | Youth | Free or low-cost, financial aid available |
| Special Needs Program (650)802-4383 | Bowling, Sports and other activities After school art, cooking, bowling, sports and other activities. | Kids with physical, mental and/or emotional challenges. Children and teens with physical and/or developmental challenges | |
| Special Olympics (415) 593-3250 x203 | Sports Sports Program for persons with developmental disabilities. | Age 6 and up | |
| The Robert Wood Johnson Foundation www.rwjf.org/news/special/shape/shape.jhtml | Internet Resources | General | |
| Walking Trails www.eparks.net | Internet Resources select "trails" for walking trails | General | |

Nutrition Resources



Nutrition Resources • San Mateo County

Selected Food Resources, San Mateo County

| PROGRAM / ORGANIZATION | CONTACT / LOCATION | WEBSITE / DETAILS |
|---|--|---|
| San Mateo County Public Health, Nutrition and Child Health Services | 32 W. 25 th Ave. #203A San Mateo, CA 94403 (650) 573-3511 | http://www.co.sanmateo.ca.us/smc/department/health/home |
| PRENATAL, CHILDREN AND TEEN NUTRITION SERVICES | | |
| Child Health and Disability Prevention Program (CHDP), Nutrition | (650) 573-3924 | Nutrition and referral for children under age 21 |
| Head Start | 1265 Mission Rd. South San Francisco, CA 94080 (650) 871-5613 | Offers a child and family development program for low-income families. Serves children age 5 and under and includes nutrition classes |
| Mother and Infant Wellness Program | 1500 Southgate Ave., 112 Daly City, CA 94015 (650) 301-8875 | Provides health and nutrition education for pregnant, and breastfeeding women |
| Prenatal-to-Three Program (PRE to THREE) | (650) 573-2502 | Provides information, support and care for families with pregnant women and children under 5 |
| Prenatal Advantage Black Infant Health Project | (650) 363-7850 | Provides prenatal care, referrals and health education classes, including nutrition to pregnant African American women and teens |
| WIC PROGRAMS | | |
| A nutrition program for pregnant, postpartum, and breast-feeding women and infants and children from birth to 5 years of age. | | |
| Daly City | 380 90 th Street Daly City, CA 94105 | For appointments to any of the offices listed at left, call the San Mateo County Main Office: (650) 573-2168 |
| East Palo Alto | Ravenswood School District 2160 Euclid Ave. East Palo Alto, CA 94303 | For appointments to any of the offices listed at left, call the San Mateo County Main Office: (650) 573-2168 |
| Half Moon Bay | Coast Side Community/Senior Center 535 Kelly Ave Half Moon Bay, CA 94019 | For appointments to any of the offices listed at left, call the San Mateo County Main Office: (650) 573-2168 |
| Redwood City | 2342 El Camino Real, Ste. 200 Redwood City, CA 94063 | For appointments to any of the offices listed at left, call the San Mateo County Main Office: (650) 573-2168 |
| San Mateo | 32 W. 25 th Ave., #203A San Mateo, CA 94403 | For appointments to any of the offices listed at left, call the San Mateo County Main Office: (650) 573-2168 |
| South San Francisco | 306 South Spruce Ave, South San Francisco, CA 94080 | For appointments to any of the offices listed at left, call the San Mateo County Main Office: (650) 573-2168 |

Nutrition Resources • San Mateo County

| PROGRAM / ORGANIZATION | CONTACT / LOCATION | WEBSITE / DETAILS |
|--|--|-------------------|
| OLDER ADULT SERVICES | | |
| San Mateo County Health Services Agency-Aging and Adult Services Division, TIES Teamwork Insuring Elder Support | (650) 675-8437 | |
| SENIOR CENTERS AND SENIOR DINING CENTERS | | |
| Senior Centers are the entry point for many senior services, leisure activities and dining. Many of these programs offer information and referral to services provided by agencies that assist older adults. | | |
| <i>BELMONT</i> | | |
| Twin Pines Senior Center | 1225 Ralston Ave. Belmont, CA 94002 (650) 595-7444 | |
| <i>BURLINGAME</i> | | |
| Burlingame Recreation Department | 850 Burlingame Ave. Burlingame, CA 94010 (650) 558-7300 | |
| <i>DALY CITY</i> | | |
| Daly City | 101 Lake Merced Blvd. Daly City, CA 94015 (650) 991-8012 | |
| Lincoln Community Center | 901 Brunswick St. Daly City, CA 94014 (650) 991-8018 | |
| Self Help for the Elderly | Daly City Center 2080 Sullivan Ave. Daly City CA 94015 (650) 757-0881 | |
| <i>EAST PALO ALTO</i> | | |
| East Palo Alto Senior Center | 560 Bell Street East Palo Alto, CA 94303 (650) 329-5900 | |
| <i>HALF MOON BAY</i> | | |
| Senior Coastsiders | 535 Kelly Ave. Half Moon Bay, CA 94019 (650) 726-9056 | |
| Coastside Adult Senior Center | (650) 726-5056 | |
| <i>MENLO PARK</i> | | |
| Menlo Park Senior Center | 100 Terminal Ave. Menlo Park, CA 94025 (650) 322-4578 | |
| Peninsula Volunteers Little House | 800 Middle Ave. Menlo Park, CA 94025 (650) 326-2025 | |
| <i>MILLBRAE</i> | | |
| Millbrae Senior Center | 477 Lincoln Circle Millbrae, CA 94030 (650) 259-2370 | |

Nutrition Resources • San Mateo County

| PROGRAM / ORGANIZATION | CONTACT / LOCATION | WEBSITE / DETAILS |
|--|---|-------------------|
| PACIFICA | | |
| Pacifica Senior Services | 540 Crespi Dr. at Highway 1 Pacifica, CA 94044 (650) 738-7384 | |
| REDWOOD CITY | | |
| Fair Oaks Senior Center | 2600 Middlefield Rd. Redwood City, CA 94063 (650) 780-7525 | |
| Redwood City Veterans Memorial Senior Center | 800 Middle Ave. Menlo Park, CA 94025 (650) 326-2025 | |
| SAN BRUNO | | |
| San Bruno Senior Center | 1555 Crystal Springs Road San Bruno, CA 94066 (650) 616-7150 | |
| SAN CARLOS | | |
| San Carlos Senior Center | 601 Chestnut Street San Carlos, CA 94070 (650) 802-4384 | |
| SAN MATEO | | |
| City of San Mateo Senior Center | 2645 Alameda de las Pulgas San Mateo, CA 94403 (650) 522-7490 | |
| Martin Luther King Jr. Community Center | 725 Monte Diablo San Mateo, CA 94401 (650) 344-5775 | |
| Self-Help for the Elderly | San Mateo Center (Central Park) 50 E. 5 th Ave. San Mateo, CA 94401 (650) 342-0822 | |
| SOUTH SAN FRANCISCO | | |
| South San Francisco Senior Services | El Camino Senior Center 33 Arroyo Dr. South San Francisco, CA 94080 (650) 877-5996 | |
| Magnolia Center | 601 Grand Ave. South San Francisco, CA 94080 (650) 829-3820 | |
| ASSISTANCE FOR THE HOMEBOUND | | |
| Meals on Wheels of San Mateo County | Belmont to Daly City - (650) 295-2173 Pacifica - (650) 738-7350 San Carlos to East Palo Alto - (650) 323-2022 Half Moon Bay - (650) 726-9056 San Mateo - (650) 342-0822 Daly City - (650) 757-0881 | |
| GROCERY ASSISTANCE | | |
| C.A.L.L. (Christian Action Life Line) | Primrose Center 139 Primrose Rd. Burlingame, CA 94010 (650) 342-CALL | |

Nutrition Resources • San Mateo County

| PROGRAM / ORGANIZATION | CONTACT / LOCATION | WEBSITE / DETAILS |
|--|--|---|
| FOOD STAMP PROGRAMS | | |
| <i>NORTHERN REGION</i> | | |
| Brisbane, Colma, Daly City and Pacifica residents | 350 90 th Street Daly City, CA 94015 (650) 301-8720 | |
| Daly City | 271 92 nd Ave. Daly City, CA 94015 | |
| San Bruno and South San Francisco residents | 1487 Huntington Ave. S. San Francisco, CA 94080 (650) 877-5663 | |
| <i>CENTRAL REGION</i> | | |
| Burlingame, Millbrae, San Mateo, Foster City, San Carlos, Hillsborough, Belmont, and Coastal area residents | 550 Quarry Road San Carlos, CA 94070 (650) 596-1025 | |
| <i>SOUTHERN REGION</i> | | |
| Atherton, Portola Valley, Redwood City and Woodside residents | 2500 Middlefield Road Redwood, City, CA 94061 (650) 599-3811 | |
| East Palo Alto and Menlo Park Residents | 2415 University Ave. East Palo Alto, CA 94303 (650) 363-4175 | |
| Friendly Visiting Service and City of San Mateo Senior Center | (650) 342-3882 | Transportation for grocery shopping (San Mateo residents) |
| SASH (Shopping Assistance for Seniors who are Homebound) | Belmont (650) 595-0783 Burlingame (650) 522-7494 Foster City (650) 522-7494 Millbrae (650) 259-2370 Redwood City (650) 780-7274 San Carlos (650) 802-4384 San Mateo (650) 522-7494 | Matches seniors with volunteers who will grocery shop for them |
| Second Harvest Food Bank | (650) 984-3663 | |
| Operation Brown Bag | (650) 610-0800 | Free bag of groceries to seniors over 60 and disabled people over 55. |
| FOOD AND/OR SHELTERS | | |
| <p>Food bank groceries are distributed to various sites for pick-up by people in need. Areas covered are Daly City to East Palo Alto. Includes the following programs:</p> <ul style="list-style-type: none"> • Operation Brown Bag: Free bag of groceries to seniors over 60 and disabled people over 55. • Family Harvest Program - Free groceries for low-income families and children. • Partners in Need - Persons may donate time working in exchange for free groceries. • Nutrition Program - A dietitian is available to answer food/nutrition questions for those receiving food services from Second Harvest. | | |

Nutrition Resources • San Mateo County

| PROGRAM / ORGANIZATION | CONTACT / LOCATION | WEBSITE / DETAILS |
|--|--|---|
| Shelter Network | 1450 Chapin Ave., 2 nd floor Burlingame CA 94010 (650) 685-5880 | www.shelternetwork.org |
| Catholic Charities | 36 37 th Ave. San Mateo, CA 94403 (650) 295-2160 | |
| Second Harvest Food Bank | 1051 Bing Street San Carlos, CA 94070 (650) 610-5880 | |
| COASTSIDE AND PACIFICA | | |
| Coastside Opportunity Center | 99 Alhambra Ave. El Granada, CA 94108 (650) 726-9071 | Free food, clothing, and shopping transportation are available for handicapped, elderly over 62 years of age, and pregnant women over seven months gestation, living in the coastal Montara-La Honda areas. |
| NORTH COUNTY | | |
| Daly City Community Center | 350 90 th Street Daly City, CA 94015 (650) 991-8007 | |
| North Peninsula Neighborhood Services Center | 600 Linden Ave. South San Francisco, CA 94080 (650) 588-8822 | |
| SOUTH AND CENTRAL COUNTY | | |
| Christian Action Life Line | Primrose Road Burlingame, CA 94010 (650) 342-CALL | |
| Caring Cupboard | 601 Chestnut Street San Carlos, CA 94070 (650) 802-4384 | |
| Catholic Worker House | 545 Cassia St. Redwood City, CA 94063 (650) 366-4415 | |
| Fair Oaks Community Center | 2600 Middlefield Rd. Redwood City, CA 94062 | |
| Salvation Army | 1270 Marshall Redwood City, CA 94062 (650) 368-4643 | |
| Samaritan House | 401 N. Humboldt San Mateo, CA 94401 (650) 947-3648 | |
| St. Francis Center | 101 Buckingham Redwood City, CA 94063 (650) 365-7829 | |
| St. Vincent de Paul Society | 50 North B Street San Mateo, CA 94401 (650) 343-4403 | |
| MEAL SITES | | |
| These group dining centers offer free hot and/or cold meals to the hungry. Call for more information and dining times. | | |
| Bayshore Community Resource Center | 2277 University Ave. East Palo Alto, CA 94303 (650) 322-1821 | |

Nutrition Resources • San Mateo County

| PROGRAM / ORGANIZATION | CONTACT / LOCATION | WEBSITE / DETAILS |
|-------------------------------|--|-------------------|
| Bread of Life | 852 Bay Road East Palo Alto, CA 94303 (650) 326-9796 | |
| Café St. Vincent de Paul | 344 Grand Ave. South San Francisco, CA 94080 (650) 589-9039 | |
| North Peninsula Dining Center | 6655 Mission St. Daly City, CA 94014 (650) 994-5150 | |
| Padua Dining Room | St. Anthony's Church 3500 Middlefield Rd. Menlo Park, CA 94025 (650) 365-9664 | |
| Samaritan House Dining Center | 401 Humboldt Ave. San Mateo, CA 94401 (650) 347-3648 | |

Internet Resources



Internet Resources • San Mateo 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 for the most recent links to physical activity, nutrition, and food assistance resources.

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|--|--|---|
| A to Z Fitness | www.atozfitness.com | 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. |
| ABC's of Parenting | www.abcparenting.com | 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. |
| Active Living By Design | www.activelivingbydesign.org | Seeks to increase physical activity by community design |
| Active.com | www.active.com | Extensive on-line listings of local sports, recreation and events. A great place to find organized athletics in our neighborhood – beyond the common sports. |
| Aim to Be Healthy | www.aimtobehealthy.com | Awesome health through nutrition and fitness activities. |
| America on the Move | www.americaonthemove.org | 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. |
| American Academy of Pediatrics | www.aap.org | The organization is dedicated to the health of all children. |
| American Alliance for Health, P.E. Recreation and Dance (AAHPERD) | www.aahperd.org | Professional Research resource of health and fitness field. |
| American Cancer Society | www.americancancersociety.org www.cancer.org | 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. |
| American Cancer Society | www.cancer.org | For ACS guidelines on diet, nutrition and cancer support |
| American College of Sports Medicine (ACSM) | www.acsm.org | Professional research resource of health and fitness field. |
| American Council on Exercise | www.acefitness.org | Professional research resource for health and fitness |
| American Council on Science and Health | www.acsh.org | Professional research resource for health and fitness |

Internet Resources • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|--|--|--|
| American Diabetes Association | www.diabetes.org | 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) | www.eatright.org | 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 | www.diabetes.org | Resources for the management of diabetes. |
| American Heart Association | www.americanheart.org | 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 | www.americanrunning.org | Running website. |
| Animal Trackers | www.healthy-start.com/prog_anim.html | Activities for learning and practicing gross motor skills |
| Ask the Dietician | www.askthedietician.com | Nutrition information |
| Bam! Body and Mind | www.bam.gov | 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 | www.dietitian.org | Nutrition information. |
| Bicycle Federation | www.bikefed.org | Bicycling website |
| Bicycle Federation – Pedestrian Issues | www.prowalk.org | Bicycling website |
| Bodybuilding | www.bodybuilding.com | One of the largest bodybuilding sites online. |
| California Center for Physical Activity | www.caphysicalactivity.org | 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 | www.childcare.org | 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 | www.dhs.ca.gov/ps/cdic/cpns | Learning about the California Nutrition Network and California 5 a Day programs |
| California Dietetic Association (CDA) | www.dietitian.org | 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 | http://www.activeca.org | Provides information on physical activity resources and information in California. |
| California Healthy Kids Resource Center | www.californiahealthykids.org | Healthy Kids Resource Center offers free health instruction materials and links to other useful resources. |

Internet Resources • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|--|--|---|
| California Nutrition Network for Healthy Active Families | www.dhs.ca.gov\ps\cdic\cpns | 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 | www.californiaprojectlean.org | 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 | www.wellnesstaskforce.org/initiatives.html | 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) | www.canfit.org | 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 | www.cdc.gov/nccdphp/dnpa | Professional research resource of health and fitness field. |
| Centers for Disease Control and Prevention | www.cdc.gov/nccdphp/dnpa/nutrition.htm | Information about the importance of good nutrition and how to make healthy eating a part of your life |
| Cool Running | www.coolrunning.com | 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 | www.dairycouncilofca.org | This site has information regarding nutrition and dairy products. |
| Dietary Guidelines for Americans 2005 | www.healthierus.gov/dietaryguidelines | Provides dietary guidelines for all individuals. |
| Early Childhood Development Guide and Activities | www.enfagrow.com | 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 | www.ecewebguide.com | This site provides childcare professionals with the most up-to-date internet resources. Great site with loads of information. |
| Eat Smart. Play Hard | www.fns.usda.gov/eatsmart-playhard | Increasing access to nutrition and physical activity resources. |
| ERIC EECE | www.ericps.ed.uicu.edu/eece/ed2link.html | Clearinghouse of elementary and Early childhood Education. This site links to a huge variety of educational resources. |
| ESPN Play Your Way Program | http://disney.go.com/playyourway/index.html | 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 | www.nlm.nih.gov/medlineplus/exerciseforchildren.html | Professional research resource of health and fitness field. |

Internet Resources • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|---------------------------------------|--|--|
| Exercise for Seniors | www.nlm.nih.gov/medlineplus/exerciseforseniors.html | Professional research resource of health and fitness field. |
| Exercise for Women | www.4woman.gov/faq/exercise/htm | National Women's Health Information Center website |
| EZYHealth | www.ezyhealth.com | Health Information, medicine, doctors, health products, lifestyle tips, health beauty and dieting tips for parents. |
| FDA Kids Home Page | www.fda.gov/oc/opacom/kids/default.html | This interactive website targets youth and provided excellent information on food, nutrition, food safety and health. |
| Feeling Good Project | www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm | Provides nutrition and physical activity information. Focuses on low-income populations. |
| Fit Source | www.getupanddosomething.org | This site links child care after school providers to a wide variety of physical activity and nutrition resources. |
| Fit Wise | www.FitWise.com | Free Weekly Fitness Tips Newsletter full of useful information, exercise tips, diet tips, and inspiration for us all. |
| Fitness Fever | www.fitnessfever.com | 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 | www.fitnesslink.com | Fitness Link |
| Fitness News – Health Facts | www.justmove.org | Fitness Link |
| Fitnezz | www.fitnezz.net | A well organized and deep source on sports and health topics. One of the most complete collections of fitness and bodybuilding links. |
| FitSource | www.nccic.org/fitsource/index.cfm | 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 | www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html | Information on the nation's food resources. |
| Get Big | www.GetBig.com | Number one source of bodybuilding and fitness information |
| Get Fit | www.e-GetFit.com | Fitness Link |
| Girl Power | www.girlpower.gov/ | 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 | www.global-fitness.com/ | Our on-line guide to healthy living and optimal fitness. Includes a recipe of the day feature. |
| Healthy Choice for Kids Online | www.healthychoices.org | 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 | www.healthy-start.com/prog_healthy.html | More than 25 classroom activities and take-home activities for children |

Internet Resources • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|--|--|---|
| Healthy People 2010 | www.health.gov/healthpeople/ | Fitness Challenge for Americans to improve health trends toward wellness. |
| Healthy Women Build Healthy Communities | www.hrsa.gov/womenshealth/toolkit/menu.html | Provides an online toolkit to help women create a personal program to eat healthier and be more physically fit. |
| HHS Pages for Kids | www.hhs.gov/kids | The Department of Health and Human Services site with resource information and links to related sites for educators, parents and children. |
| Home and Family | www.homenfamily.com | An online resource for information on your family's health, nutrition, topics related specifically to kids, family relationships, etc. |
| Human Kinetics | www.humankinetics.com | Fitness Link |
| International Health, Racquet and Sports Club | www.ihrsa.org/index.html | Racquetball Link |
| Just Move | www.justmove.org | Provides a personal, online fitness center |
| Just Move Fitness Center | www.justmove.iorg/home.cfm | An interactive fitness and exercise site provided by the American Heart Association |
| Kidnetic | www.kidnetic.com/ | Interactive web site featuring healthy recipes, fun games, information about how your body works and information for parents. |
| Kidnetic.com | www.kidnetic.com | Kid-based website with games, facts and recipes to help children understand food, feelings and fitness for better health. |
| Kids Health for Kids | www.KidsHealth.org | 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 | www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html | Interactive Web site featuring healthy recipes, fun games, information about how our body works and information for parents |
| Kids' Health | www.kidshealth.org/kid/closet/ | Healthy game and activity links. |
| Kids' Health en Español | www.kidshealth.org/kid/en_espanol/index.html | Juego sobre la salud y conexiones a actividades |
| Learning Network | www.learningnetwork.com | Links to resources and shopping for parents, teachers and kids. |
| Live It! | www.liveitprogram.com | 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 | www.MuscleNet.com | Free Muscle Building and Fitness Magazine. |
| My Pyramid.gov | www.mypyramid.gov | Dietary information. |
| National Alliance for Youth Sports | www.nays.org | 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 | www.aahperd.org/nagws | Encourages females to be physically active. |
| National Association for Health and Fitness | www.physicalfitness.org | Fitness Link |

Internet Resources • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|--|--|---|
| National Center for Bicycling and Walking | www.bikewalk.org | Bicycling website |
| National Center for Bicycling and Walking | www.bikewalk.org | 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 | www.al.com/ncppa | Fitness Link |
| National Library of Medicine | www.nlm.nih.gov | Library of Medical Information |
| National Recreation and Park Association | www.nrpa.org | News and stories about community recreation and preservation of parks, trails and nature |
| Neat Solutions | www.neatsolutions.com | This site is a resource to order nutrition and health education materials for children. Lesson plans are also available |
| Net Sweat | www.netsweat.com | A primary source of information on exercise and nutrition, offering a comprehensive listing of fitness-related sites |
| North Carolina Energizers | www.ncpe4me.com/energizers.html | 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) | www.ncescatalog.com | Good source of books, videos and teaching aids on nutrition, exercise and eating disorders available for purchase online |
| Nutrition.gov | www.nutrition.gov | A primary site for nutrition information. |
| Online Fit | www.Onlinefit.com | Your online personal trainer partner |
| On the Move Program | www.moveit.org | Physical activity programming. |
| P.E. 4 LIFE | www.pe4life.org | Advocates for quality, daily physical education for all children |
| Parent Clicks | www.parentclicks.com | Helpful resource information for parents regarding their children's health, behavior, education, safety and emotional well-being |
| Parent Soup | www.parentsoup.com | 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 | www.parentcenter.com | 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 | www.parentsplace.com | 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 | www.walkableamerica.org | 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 • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|--|--|--|
| PE Central | www.pecentral.org | 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 | www.walkableamerica.org/ | Includes a walk and bike to school web site |
| Physical Activity and Weight Control | www.niddk.nih.gov/health/nutrit/pubs/physact.htm | Fitness Link |
| Power Play | www.bayarea5aday.ucdavis.edu | 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 | www.cdc.gov/powerfulbones/games_fun/index.html | Interactive website that provides innovative games and nutrition quizzes that promote optimal bone health in girls. |
| President's Challenge | www.parentschallenge.org | Challenge to school-children to increase activity and awareness of public health and obesity trends |
| President's Council On Physical Fitness and Sports | www.fitness.gov | Part of the Department of Health and Human Services website |
| Shape Up America | www.shapeup.org | Fitness Link |
| Simplified Fitness | www.SimplifiedFitness.com | Make fitness simple and long-lasting |
| Skillastics | www.skillastics.com | Classroom board games to encourage physical challenges for all kids to learn and master sports skills |
| Southern California Handball Association | www.handball.org | Handball website |
| Southern California Municipal Athletic Foundation | www.scmf.org | Youth sports competitions, coaching clinics and adult leagues throughout Southern CA |
| SPARK (Sports, Play and Active Recreation for Kids) Physical Education | www.sparkpe.org | 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 | www.sports4kids.org | 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 | www.nlm.nih.gov/medlineplus/sportsfitness.html | Fitness Link |
| Stay Healthy | www.stayhealthy.com | Fitness Link |
| Swim 2000 | www.swim2000.com | Swimming website |
| Team Up for Youth | www.teamupforyouth.org | 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 | www.teenhealth.org | Great information for teens, kids and parents covering all aspects of health and fitness |

Internet Resources • San Mateo County

| PROGRAM/ ORGANIZATION | WEBSITE | DESCRIPTION |
|---|--|---|
| The President's Challenge | www.presidentschallenge.org | 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 | www.TrulyHugh.com | A website for bodybuilding, health and fitness. Get free fitness tips |
| Tufts University Nutrition Navigator | www.navigator.tufts.edu | Nutrition information |
| U. S. Department of Agriculture | www.usda.gov | Government site focusing on nutrition aimed at increasing the consumption of fruits and vegetables for better health. |
| U. S. Fencing Association | www.usfa.org | Fencing website |
| U. S. Food and Drug Administration | www.fda.gov | Information on the nation's food sources |
| U.S. Department of Health and Human Services | www.cdc.gov/aboutcdc.htm | Professional research resource of health and fitness field |
| UC Berkeley Center for Weight and Health | www.cnr.berkeley.edu/cwh | Nutrition information |
| Ultimate Frisbee | www.access.digex.net/~cdl/ultimate.html | Frisbee website |
| United Learning | www.unitedlearning.com | 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 | www.usa-gymnastics.org | Gymnastics website |
| Verb Crossover for Community-based Organizations | www.cdc.gov/youthcampaign/materials/tweens/crossover_cbo | 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 | www.cdc.gov/youthcampaign/index.htm | This site includes resources and information to make regular physical activity "cool" for tweens and a fun thing to do. |
| Water Polo | www.h2opolo.com | Water Polo website |
| Wellness Councils of America | www.welcoa.org/about.htm | Fitness Link |
| Women's Exercise Network | www.WomensExerciseNetwork.com | Find a workout partner and make some new friends. |



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