

**California 5 a Day**

# **Be Active Resource Directory**

SAN FRANCISCO COUNTY



# **Welcome to the San Francisco 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 staff of the Feeling Good Project, San Francisco Department of Public Health for providing community physical activity resource information and for the use of the San Francisco Food Nutrition and Agriculture Directory in providing nutrition resource information.*

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**

SAN FRANCISCO COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources

# *Physical Activity Resources*



# Physical Activity Resources • San Francisco

## Selected Physical Activity Resources, San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION               | COST           |
|--|--|---------------------------------|----------------|
| <b>ABADA-Capoeira San Francisco</b><br>3221 22nd St.<br>San Francisco, CA 94110<br>415-206-0650<br>www.abada.org   | Martial Arts, Youth Sports   | Males and Females of All Ages   | Free, Low Cost |
| <b>Adult Athletics</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-6300<br>www.parks.sfgov.org | Baseball, Basketball, Soccer, Softball, Tennis, Volleyball,  | Males and Females               | Please Call    |
| <b>Adult Day Health Center, Laguna Honda Hospital</b><br>375 Laguna Honda Blvd.<br>San Francisco, CA 94116<br>415-759-3360<br>www.dph.sf.ca.us/chn             | Dance, Physical Activity Programs, Tai Chi, Walking  | Males and Females               |                |
| <b>Adult Medical Clinic- SF General Hospital</b><br>1001 Potrero Ave. Hospital Main Entrance<br>San Francisco, CA 94110<br>415-206-8749                        | Tai Chi  | Males and Females of All Ages   | Free           |
| <b>Alice Chalmers Playground</b><br>670 Brunswick St.<br>San Francisco, CA 94112<br>415-337-4711<br>www.parks.sfgov.org  | Baseball, Basketball, Dance, Integrated Recreational Activities, Playground, Softball, Tennis, Youth Sports                                | Males 6 and above years of age  | Please Call    |
| <b>Angelo J. Rossi Playground</b><br>Edward St. and Arguello Blvd.<br>San Francisco, CA 94118<br>415-666-7014<br>www.parks.sfgov.org                           | Baseball, Basketball, Playground, Softball, Tennis, Youth Sports   | Males and Females of Ages 13-17 | Free           |
| <b>Argonne Playground</b><br>18th Ave. and Geary Blvd.<br>San Francisco, CA 94121<br>415-666-7008<br>www.parks.sfgov.org                                       | Basketball, Integrated Recreational Activities, Performing Arts, Playground, Tennis, Youth Sports  | Males and Females of All Ages   | Free           |
| <b>Assisted Recreation</b><br>Jackson Playground<br>17th St and Arkansas Street<br>San Francisco, CA 94107<br>415-554-8920<br>www.parks.sfgov.org              | Baseball, Basketball, Dance, Integrated Recreational Activities, Martial Arts, Playground, Softball, Tennis, Weight Training, Youth Sports | Males and Females               | Please Call    |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                           | COST           |
|--|--|---|----------------|
| <b>Bernal Heights Neighborhood Center</b><br>515 Cortland Ave.<br>San Francisco, CA 94110<br>415-206-2140<br>www.bhnc.org                                  | Dance, Fitness after 50, Integrated Recreational Activities, Physical Activity Programs, Stretch Classes, Tai Chi, Yoga  | Males and Females 35 and above years of age | Free, Low Cost |
| <b>Bernal Heights Playground</b><br>500 Moultrie Street<br>San Francisco, CA 94117<br>415-695-5007<br>www.parks.sfgov.org                                  | Aerobics, Basketball, Dance, Integrated Recreational Activities, Playground, Volleyball, Weight Training, Youth Sports   | Males and Females of Ages 6-17              | Please Call    |
| <b>Boeddeker Park Playground</b><br>295 Eddy Street<br>San Francisco, CA 94102<br>415-292-2019<br>www.parks.sfgov.org                                      | Basketball, Bicycling, Boxing/ Box Training, Integrated Recreational Activities, Kickball, Playground, Swimming and Water Activities, Track and Field, Weight Training, Youth Sports   | Males and Females of Ages 6-49              |                |
| <b>Boys and Girls Clubs of San Francisco</b><br>55 Hawthorne St.<br>San Francisco, CA 94105<br>415-445-KIDS<br>www.bgcsf.org                               | Basketball, Boating Activities, Camping, Dance, Fitness, Football, Integrated Recreational Activities, Physical Activity Programs, Playground, Self Defense, Soccer, Sport Courses, Structure Play, Swimming and Water Activities, Team Athletics, Tennis, Walking, Youth Sports | Males and Females of Ages 6-17              | Please Call    |
| <b>Boys and Girls Clubs of San Francisco, Columbia House</b><br>450 Guerrero St.<br>San Francisco, CA 94110<br>415-864-2724<br>www.bgcsf.org               | Baseball, Basketball, Camping, Dance, Fitness, Junior Warrior, Kickball, Mini Soccer, Performing Arts, Physical Activity Programs, Playground, Soccer, Sport Courses, Structure Play, Team Athletics, Volleyball, Youth Sports   | Males and Females of Ages 6-17              | Low Cost       |
| <b>Boys and Girls Clubs of San Francisco, Ernest Ingold</b><br>1950 Page St.<br>San Francisco, CA 94117<br>415-221-6100<br>www.bgcsf.org                   | Baseball, Basketball, Camping, Dance, Diving, Fitness, Football, Hockey, Kickball, Martial Arts, Physical Activity Programs, Playground, Soccer, Sport Courses, Swimming and Water Activities, T-Ball, Team Athletics, Volleyball, Youth Sports                                  | Females, Males of Ages 0-17                 | Free, Low Cost |
| <b>Boys and Girls Clubs of San Francisco, Mission</b><br>1050 York St. Room #8<br>San Francisco, CA 94110<br>415-531-2670<br>www.bgcsf.org                 | Basketball, Dance, Physical Activity Programs, Playground, Tennis, Youth Sports  | Males and Females of Ages 6-12              | Free           |
| <b>Cabrillo Playground</b><br>38th Ave and Cabrillo Street<br>San Francisco, CA 94121<br>415-666-7010<br>www.parks.sfgov.org                               | Basketball, Integrated Recreational Activities, Playground, Tennis, Youth Sports   | Males and Females of Ages 0-17              | Please Call    |
| <b>Camp Mather</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-2715<br>www.parks.sfgov.org | Badminton, Bicycling, Dance, Horseback Riding, Soccer, Softball, Swimming and Water Activities, Tennis, Volleyball, Walking  | Males and Females of All Ages               | Please Call    |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET<br>POPULATION                        | COST                      |
|---|--|---|---------------------------|
| <b>CARECEN</b><br>Healthy Bodies Get Moving<br>1245 Alabama St.<br>San Francisco, CA 94110<br>415-642-4407<br>www.carecensf.org | Basketball, Bicycling, Circuit Training, Dance, Fitness, Football, Kickball, Physical Activity Programs, Self Defense, Soccer, Softball, Sport Courses, Stretch Classes, Team Athletics, Volleyball, Walking, Youth Sports | Males and Females                           | Free                      |
| <b>Castro Senior Center</b><br>117 Diamond St.<br>San Francisco, CA 94114<br>415-863-3507                                       | Aerobics, Fitness after 50, Physical Activity Programs, Tai Chi, Walking, Yoga   | Males and Females 50 and above years of age | Free                      |
| <b>Catholic Charities CYO</b><br>1948 Ocean Ave.<br>San Francisco, CA 94127<br>415-587-1443<br>www.cccyo.org                    | Dance, Fitness after 50, Physical Activity Programs, Stretch Classes, Walking  | Males and Females 50 and above years of age | Free, Low Cost            |
| <b>Cayuga Playground</b><br>301 Naglee St.<br>San Francisco, CA 94112<br>415-337-4714<br>www.parks.sfgov.org                    | Aerobics, Baseball, Basketball, Integrated Recreational Activities, Playground, Softball, Swimming and Water Activities, Tennis, Youth Sports  | Males and Females of All Ages               | Free, Please Call         |
| <b>Centro Latino</b><br>1656 15 <sup>th</sup> Street<br>San Francisco, Ca 94103<br>www.centrolatinosf.org                       | Walking, Day trips   | Males and Females 60 and above years of age | Free/low cost/please call |
| <b>Chinatown Beacon Center</b><br>36 Waverly Place #1<br>San Francisco, CA 94108<br>415-983-9510<br>www.chinatownbeacon.org     | Badminton, Basketball, Bicycling, Camping, Dance, Kickball, Physical Activity Programs, Playground, Swimming and Water Activities, Volleyball, Walking, Yoga   | Males and Females of Ages 6-24              | Free                      |
| <b>Chinese Playground Clubhouse</b><br>850 Sacramento Street<br>San Francisco, CA 94108<br>415-274-0202<br>www.parks.sfgov.org  | Aerobics, Badminton, Basketball, Dance, Integrated Recreational Activities, Playground, Tennis, Volleyball, Youth Sports   | Males and Females of All Ages               | Free                      |
| <b>Chinese Recreation Center</b><br>1199 Mason Street<br>San Francisco, CA 94108<br>415-292-2017<br>www.parks.sfgov.org         | Aerobics, Badminton, Basketball, Camping, Dance, Integrated Recreational Activities, Martial Arts, Playground, Self Defense, Volleyball, Weight Training, Youth Sports   | Males and Females of Ages 6-59              | Please Call               |
| <b>Christopher Playground</b><br>5210 Diamond Heights Blvd.<br>San Francisco, CA 94131<br>415-695-5000<br>www.parks.sfgov.org   | Baseball, Football, Integrated Recreational Activities, Performing Arts, Playground, Softball, Tennis, Youth Sports  | Males and Females of All Ages               | Free, Please Call         |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET<br>POPULATION                               | COST                     |
|---|--|--|--------------------------|
| <p><b>City College of San Francisco- Physical Education</b><br/>Physical Education and Dance<br/>50 Phelan Ave.<br/>San Francisco, CA 94112<br/>www.ccsf.cc.ca.us</p>                               | <p>Aerobics, Badminton, Baseball, Basketball, Circuit Training, Cross Country, Dance, Fitness, Fitness after 50, Football, Martial Arts, Performing Arts, Physical Activity Programs, Self Defense, Soccer, Softball, Sport Courses, Stretch Classes, Swimming and Water Activities, Team Athletics, Tennis, Track and Field, Volleyball, Walking, Weight Training, Yoga</p> | <p>Males and Females of All Ages</p>               | <p>Low Cost</p>          |
| <p><b>City-Wide Senior Adult Program</b><br/>6101 Fulton Street<br/>San Francisco, CA 94121<br/>415-666-7079<br/>www.parks.sfgov.org</p>  | <p>Camping, Dance, Fitness, Integrated Recreational Activities, Softball, Swimming and Water Activities, Tai Chi, Tennis, Walking,</p>   | <p>Males and Females of Ages 50 and above</p>      | <p>Please Call</p>       |
| <p><b>Citywide Teen Programs- Friday Night Fun</b><br/>San Francisco Recreation and Park Department<br/>501 Stanyan Street<br/>San Francisco, CA 94117<br/>415-934-4585<br/>www.parks.sfgov.org</p> | <p>Dance, Integrated Recreational Activities, Youth Sports</p>   | <p>Males and Females of Ages 13-24</p>             | <p>Free</p>              |
| <p><b>Coit Tower</b><br/>1 Telegraph Hill Blvd<br/>San Francisco, CA 94109<br/>415-362-0808<br/>http://www.coittower.org</p>  |  | <p>All Ages</p>                                    | <p>Please Call</p>       |
| <p><b>Cow Hollow Playground</b><br/>Baker St. and Miley St.<br/>San Francisco, CA 94123<br/>415-292-2003<br/>www.parks.sfgov.org</p>  | <p>Dance, Integrated Recreational Activities, Performing Arts, Playground</p>  | <p>All Ages</p>                                    | <p>Free</p>              |
| <p><b>Crocker Amazon Playground</b><br/>799 Moscow Street<br/>San Francisco, CA 94112<br/>415-337-4708<br/>www.parks.sfgov.org</p>  | <p>Baseball, Basketball, Integrated Recreational Activities, Playground, Tennis, Youth Sports</p>  | <p>Males and Females of All Ages</p>               | <p>Free, Please Call</p> |
| <p><b>Curry Senior Center</b><br/>333 Turk St.<br/>San Francisco, CA 94102<br/>415-885-2274</p>   | <p>Fitness after 50, Stretch Classes, Walking</p>  | <p>Males and Females 60 and above years of age</p> | <p>Free</p>              |
| <p><b>Curves</b><br/>598 Vermont St.<br/>San Francisco, CA 94107<br/>415-552-1490<br/>www.curves.com</p>  | <p>Aerobics, Circuit Training, Fitness after 50, Physical Activity Programs, Stretch Classes, Weight Training</p>  | <p>Females 13 and above years of age</p>           | <p>Please Call</p>       |
| <p><b>CYC (formerly Chinatown Youth Center)</b><br/>1237 Van Ness Ave. Suite 200<br/>San Francisco, CA 94109<br/>415-775-2636<br/>www.cycsf.org</p>   | <p>Badminton, Basketball, Camping, Martial Arts, Soccer, Team Athletics, Tennis, Volleyball, Youth Sports</p>  | <p>Males and Females of Ages 13-17</p>             | <p>Free, Low Cost</p>    |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION   | TARGET POPULATION                           | COST              |
|---|---|---|-------------------|
| <b>Department of Aging and Adult Services</b><br>875 Stevenson St., 3rd Floor<br>San Francisco, CA 94103<br>415-355-3555<br>www.parks.sfgov.org                   |   | Ages 18 and above years of age              | Free              |
| <b>Dorwin B. Jones Senior Center</b><br>1668 Bush St.<br>San Francisco, CA 94109<br>415-292-7476<br>www.mowsf.org   | Dance, Fitness after 50   | Males and Females 60 and above years of age | Free              |
| <b>Douglass Playground</b><br>1100 Douglass St.<br>San Francisco, CA 94114<br>415-695-5017<br>www.parks.sfgov.org   | Basketball, Integrated Recreational Activities, Playground, Softball, Tennis, Youth Sports  | Males and Females of All Ages               | Free, Please Call |
| <b>Duboce Park Playground</b><br>50 Scott St.<br>San Francisco, CA 94114<br>415-554-9522<br>www.parks.sfgov.org   | Basketball, Integrated Recreational Activities, Youth Sports  | Males and Females                           | Free              |
| <b>Episcopal Community Services (Canon Kip Senior Center)</b><br>705 Natoma St.<br>San Francisco, CA 94103<br>415-487-3786<br>www.ecs-sf.org                      | Dance, Fitness after 50, Physical Activity Programs   | Males and Females 50 and above years of age | Free, Low Cost    |
| <b>Eureka Valley Recreation Center</b><br>100 Collingwood St.<br>San Francisco, CA 94114<br>415-695-5012<br>www.parks.sfgov.org                                   | Badminton, Baseball, Dance, Integrated Recreational Activities, Performing Arts, Playground, Soccer, Softball, Volleyball, Youth Sports | Males and Females of All Ages               | Free, Please Call |
| <b>Excelsior Playground</b><br>Russia St. and Madrid St.<br>San Francisco, CA 94112<br>415-337-4709<br>www.parks.sfgov.org  | Baseball, Basketball, Integrated Recreational Activities, Playground, Softball, Youth Sports  | Males and Females                           | Free, Please Call |
| <b>Feeling Good Fitness</b><br>Personal Fitness, Consulting, Training<br>P.O. Box 423464<br>San Francisco, CA 94142<br>415-869-2863<br>www.feelinggoodfitness.com | Aerobics, Circuit Training, Fitness, Fitness after 50, Weight Training  | Males and Females of All Ages               | Please Call       |
| <b>Footsteps Summer Camp</b><br>San Francisco Recreation and Park Department<br>811 Stanyan St.<br>San Francisco, CA 94117<br>415-753-7275<br>www.parks.sfgov.org | Fitness   | Males and Females                           | Please Call       |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                                    | COST                             |
|--|--|--|----------------------------------|
| <b>Fort Mason Foundation</b><br>Landmark Bldg. A<br>Fort Mason Center<br>San Francisco, CA 94123<br>415-441-3400<br>www.fortmason.org        | Aerobics, Boating Activities, Dance,<br>Felden Kraus Method-Awareness<br>Through Movement, Fitness, Fitness<br>after 50, Martial Arts, Performing Arts,<br>Physical Activity Programs, Self<br>Defense, Stretch Classes, Tai Chi, Yoga | Males and Females                                    |                                  |
| <b>Fulton Playground</b><br>27th Ave. and Fulton St.<br>San Francisco, CA 94121<br>415-666-7009<br>www.parks.sfgov.org                       | Basketball, Integrated Recreational<br>Activities, Performing Arts, Playground,<br>Youth Sports  | Males and Females<br>of Ages 0-12                    | Free                             |
| <b>Garfield Playground</b><br>1271 Treat St.<br>San Francisco, CA 94110<br>415-695-5010<br>www.parks.sfgov.org                               | Baseball, Integrated Recreational<br>Activities, Playground, Volleyball, Youth<br>Sports   | Males and Females<br>of All Ages                     | Free, Please Call                |
| <b>Gilman Playground</b><br>Gillman Avenue and Griffin<br>1 Bill Walsh Way<br>San Francisco, CA 94124<br>415-467-4566<br>www.parks.sfgov.org | Baseball, Basketball, Integrated<br>Recreational Activities, Playground,<br>Softball, Youth Sports   | Females, Males,<br>Males and Females<br>of Ages 6-12 | Free                             |
| <b>Girls on the Run, San Francisco</b><br>360 Langton St. #207<br>San Francisco, CA 94103<br>415-863-8942<br>www.gotrst.org                  | Cross Country, Fitness, Physical Activity<br>Programs, Team Athletics, Track and<br>Field, Walking, Youth Sports   | Females of Ages 6-<br>17                             | Free, Low Cost,<br>Sliding Scale |
| <b>Glen Park Recreation Center</b><br>811 Stanyan St.<br>San Francisco, CA 94117<br>415-753-7275<br>www.parks.sfgov.org                      | Aerobics, Baseball, Basketball, Fitness,<br>Integrated Recreational Activities,<br>Playground, Soccer, Softball, Tennis,<br>Volleyball, Yoga, Youth Sports   | Males and Females<br>of All Ages                     | Please Call                      |
| <b>Golden Gate Park</b><br>Fulton Street and 36th Ave.<br>San Francisco, CA 94102<br>415-831-2700<br>www.parks.sfgov.org                     | Baseball, Boating Activities, Integrated<br>Recreational Activities, Tennis  | All Ages   | Please Call                      |
| <b>Golden Gate Park Seniors Center</b><br>6101 Fulton St.<br>San Francisco, CA 94121<br>415-666-7015<br>www.parks.sfgov.org                  | Aerobics, Dance, Integrated<br>Recreational Activities, Performing Arts  | Ages 50 and above<br>years of age                    | Free, Low Cost,<br>Please Call   |
| <b>Gold's Gym San Francisco-Castro</b><br>2301 Market Street<br>San Francisco, CA 94114<br>415-626-4488<br>www.parks.sfgov.org               | Aerobics, Circuit Training, Fitness, Fitness<br>after 50, Physical Activity Programs,<br>Stretch Classes, Tai Chi, Weight Training,<br>Yoga  | Males and Females<br>of Ages 18-49                   | Please Call                      |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION  | COST                        |
|--|--|--|-----------------------------|
| <b>Good Samaritan Family Resource Center</b><br>1294 Potrero Ave.<br>San Francisco, CA 94110<br>415-401-4257<br>www.goodsamfrc.org | Martial Arts, Self Defense, Soccer   | Males and Females of Ages 0-24                             | Free, Low Cost, Please Call |
| <b>Grattan Playground</b><br>1180 Stanyan Street<br>San Francisco, CA 94117<br>415-753-7039<br>www.parks.sfgov.org                 | Baseball, Basketball, Integrated Recreational Activities, Playground, Soccer, Softball, Tennis, Youth Sports                                     | Females, Males, Males and Females of Ages 6-12, Ages 13-17 | Free                        |
| <b>Hamilton Recreation Center</b><br>1900 Geary Blvd.<br>San Francisco, CA 94115<br>415-292-2008<br>www.parks.sfgov.org            | Aerobics, Badminton, Basketball, Integrated Recreational Activities, Playground, Swimming and Water Activities, Tennis, Volleyball, Youth Sports | Males and Females of Ages 6-17                             | Please Call                 |
| <b>Harding Park Golf Course</b><br>99 Harding Road<br>San Francisco, CA 94132<br>415-664-4690<br>www.parks.sfgov.org               | Sport Courses  | All Ages   | Please Call                 |
| <b>Harvey Milk Recreational Arts Building</b><br>50 Scott Street<br>San Francisco, CA 94117<br>415-554-9523<br>www.parks.sfgov.org | Aerobics, Dance, Fitness, Martial Arts, Performing Arts, Playground  | Males and Females  | Please Call                 |
| <b>Hayes Valley Playground</b><br>699 Hayes Street<br>San Francisco, CA 94102<br>415-554-9526<br>www.parks.sfgov.org               | Basketball, Integrated Recreational Activities, Playground, Tennis, Youth Sports   | Males and Females of Ages 6-17                             | Free                        |
| <b>Hayward Playground</b><br>1016 Laguna St.<br>San Francisco, CA 94102<br>415-292-2018<br>www.parks.sfgov.org                     | Baseball, Basketball, Integrated Recreational Activities, Playground, Soccer, Softball, Youth Sports   | Males of Ages 0-12   | Free, Please Call           |
| <b>Heart of San Francisco Aikido</b><br>2565 Third St. # 309<br>San Francisco, CA 94107<br>415-643-8407<br>www.heartaikido.com     | Martial Arts   | Males and Females of All Ages                              | Low Cost, Please Call       |
| <b>Helen Wills Playground</b><br>Broadway and Larkin Streets<br>San Francisco, CA 94109<br>415-359-1281<br>www.parks.sfgov.org     | Basketball, Integrated Recreational Activities, Playground, Tennis, Volleyball, Youth Sports   | Males and Females of Ages 0-17                             | Free, Please Call           |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                           | COST                        |
|---|--|---|-----------------------------|
| <b>Herz Playground</b><br>1700 Visitacion Ave.<br>San Francisco, CA 94134<br>415-337-4706<br>www.parks.sfgov.org                          | Aerobics, Baseball, Basketball, Dance, Integrated Recreational Activities, Playground, Softball, Swimming and Water Activities, Tennis, Walking, Weight Training, Youth Sports | Males and Females of Ages 6-12              | Please Call                 |
| <b>J.P. Murphy Clubhouse</b><br>1960 19th Ave.<br>San Francisco, CA 94116<br>415-753-7099<br>www.parks.sfgov.org                          | Basketball, Dance, Integrated Recreational Activities, Performing Arts, Playground, Youth Sports   | Males and Females of Ages 0-12 and 50-59    | Free, Low Cost, Please Call |
| <b>Jackson Playground</b><br>Arkansas St. b/w 17th and Mariposa Streets<br>San Francisco, CA 94107<br>415-554-9527<br>www.parks.sfgov.org | Baseball, Basketball, Dance, Integrated Recreational Activities, Martial Arts, Playground, Softball, Tennis, Weight Training, Youth Sports                                     | Males and Females of All Ages               | Free, Please Call           |
| <b>James Rolph Playground</b><br>Caesar Chavez St<br>San Francisco, CA 94110<br>415-695-5018<br>www.parks.sfgov.org                       | Baseball, Basketball, Boxing/ Box Training, Integrated Recreational Activities, Softball, Tennis   | Males and Females of All Ages               | Free, Please Call           |
| <b>Jamestown Community Center</b><br>3382 26th St.<br>San Francisco, CA 94110<br>415-647-4709<br>www.jamestownsf.org                      | Baseball, Basketball, Camping, Dance, Mini Soccer, Performing Arts, Soccer, Softball, Team Athletics, Youth Sports   | Males and Females of Ages 0-17              | Free, Sliding Scale         |
| <b>John King Senior Center</b><br>500 Raymond Ave.<br>San Francisco, CA 94134<br>415-239-6233   | Dance, Fitness after 50, Performing Arts, Physical Activity Programs, Stretch Classes, Tai Chi, Walking  | Males and Females 50 and above years of age | Free                        |
| <b>Jose Coronado Playground</b><br>21st Street and Folsom Street<br>San Francisco, CA 94110<br>415-695-5016<br>www.parks.sfgov.org        | Aerobics, Badminton, Baseball, Basketball, Football, Integrated Recreational Activities, Martial Arts, Playground, Soccer, Softball, Volleyball, Youth Sports                  | Males and Females                           |                             |
| <b>Joseph Lee Recreation Center</b><br>1395 Mendell Street<br>San Francisco, CA 94124<br>415-822-9040<br>www.parks.sfgov.org              | Aerobics, Basketball, Dance, Fitness, Integrated Recreational Activities, Playground, T-Ball, Tennis, Volleyball, Youth Sports   | Males and Females of Ages 6-12              | Please Call                 |
| <b>Julius Kahn Playground</b><br>3550 West Pacific Ave<br>San Francisco, CA 94118<br>415-292-2004<br>www.parks.sfgov.org                  | Baseball, Basketball, Integrated Recreational Activities, Playground, Soccer, Softball, Tennis, Youth Sports   | Males and Females of Ages 0-17              | Free                        |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                           | COST           |
|--|--|---|----------------|
| <b>Junipero Serra Playground</b><br>300 Stonescresc Dr.<br>San Francisco, CA 94132<br>415-337-4713<br>www.parks.sfgov.org                                    | Baseball, Basketball, Integrated Recreational Activities, Performing Arts, Playground, Tennis, Youth Sports                            | Males and Females of All Ages               | Free           |
| <b>Kaiser Permanente, San Francisco</b><br>2241 Geary Blvd.<br>San Francisco, CA 94115<br>415-833-3450<br>www.permanente.net/kaiser/pages/d7706-top.html     | Aerobics, Felden Kraiss Method-Awareness Through Movement, Fitness, Fitness after 50, Tai Chi, Walking, Yoga                           | Males and Females 25 and above years of age | Please Call    |
| <b>Kimochi, Inc.</b><br>1715 Buchanan St.<br>San Francisco, CA 94115<br>415-931-2294<br>www.kimochi-inc.org  | Dance, Fitness   | Males and Females 60 and above years of age | Free           |
| <b>Korean Center, Inc.</b><br>1362 Post St<br>San Francisco, CA 94109<br>415-441-1881<br>www.koreannet.org   | Fitness after 50, Integrated Recreational Activities, Physical Activity Programs, Stretch Classes                                      | Males and Females of All Ages               | Free, Low Cost |
| <b>Latchkey</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-715-4065<br>www.parks.sfgov.org      | Integrated Recreational Activities   | Males and Females of Ages 6-12              | Please Call    |
| <b>Laurel Hill Playground</b><br>Euclid Street<br>San Francisco, CA 94118<br>415-666-7007<br>www.parks.sfgov.org   | Baseball, Basketball, Integrated Recreational Activities, Playground, Tennis, Youth Sports   | Males and Females of Ages 6-12              | Free           |
| <b>Let's be Healthy (in collaboration with BACR and SFPDH Newcomers)</b><br>1351 24th Ave.<br>San Francisco, CA 94122<br>415-682-1970<br>www.parks.sfgov.org | Fitness, Fitness after 50, Physical Activity Programs, Stretch Classes, Swimming and Water Activities, Walking, Yoga                   | Males and Females of All Ages               | Free, Low Cost |
| <b>Louis Sutter Playground</b><br>555 Yale Street<br>San Francisco, CA 94134<br>415-584-6106<br>www.parks.sfgov.org  | Aerobics, Baseball, Basketball, Integrated Recreational Activities, Playground, Soccer, Softball, Tennis, Walking, Youth Sports        | Males and Females of All Ages               | Please Call    |
| <b>Maintaining Mobility</b><br>2565 Third St.<br>San Francisco, CA 94107<br>415-621-3452<br>www.parks.sfgov.org  | Fitness after 50   | Males and Females 50 and above years of age | Low Cost       |
| <b>Margaret's Hayward Playground</b><br>1016 Laguna St.<br>San Francisco, Ca 94102<br>415-292-2018<br>www.parks.sfgov.org                                    | Baseball, Basketball, Football, Integrated Recreational Activities, Playground, Soccer, Softball, Swimming, Tennis, Youth Sports, Yoga | Males and Females of Ages 1-19              | Free/Call      |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                           | COST                        |
|--|--|---|-----------------------------|
| <b>Marina Green/Yacht Harbor</b><br>Marina Blvd and Scott Street<br>San Francisco, CA 94123<br>415-831-2700<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>                            | Boating Activities, Walking  | All Ages                                    |                             |
| <b>Merced Heights Playground</b><br>801 Shields St.<br>San Francisco, CA 94132<br>415-337-4718<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Baseball, Basketball, Integrated Recreational Activities, Martial Arts, Playground, Tennis, Youth Sports   | Males and Females of Ages 0-12 and 50-59    | Free, Low Cost, Please Call |
| <b>Midnight Music</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-554-8742<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a> | Integrated Recreational Activities   | Males and Females of Ages 0-17              | Free                        |
| <b>Midtown Terrace Playground</b><br>260 Olympia Way<br>San Francisco, CA 94131<br>415-753-7036<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>  | Aerobics, Basketball, Dance, Integrated Recreational Activities, Performing Arts, Playground, Softball, Tennis, Youth Sports                           | Males and Females of Ages 6-12              | Free, Please Call           |
| <b>Milton Meyer Recreation Center</b><br>200 Middle Point Rd.<br>San Francisco, CA 94124<br>415-285-1415<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>                               | Baseball, Dance, Hockey, Integrated Recreational Activities, Kickball, Playground, Softball, T-Ball, Tennis, Volleyball, Weight Training, Youth Sports | Males and Females of Ages 0-17              | Free, Please Call           |
| <b>Miraloma Playground</b><br>25 Omar Way<br>San Francisco, CA 94127<br>415-337-4704<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Baseball, Basketball, Integrated Recreational Activities, Performing Arts, Playground, Soccer, Softball, Tennis, Youth Sports                          | Males and Females of Ages 0-12              | Free, Low Cost, Please Call |
| <b>Mission Dolores Park</b><br>19th and Dolores St.<br>San Francisco, CA 94110<br>415-554-5008<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Basketball, Integrated Recreational Activities, Playground, Tennis, Youth Sports   | Males and Females of Ages 13-17             | Free, Please Call           |
| <b>Mission Neighborhood Centers, Inc.</b><br>362 Capp St.<br>San Francisco, CA 94110<br>415-206-7752<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>                                   |  | Males and Females 60 and above years of age | Free                        |
| <b>Mission Playground</b><br>3555 19th Street<br>San Francisco, CA 94110<br>415-695-5008<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Basketball, Integrated Recreational Activities, Performing Arts, Soccer, Softball, Tennis, Youth Sports  | Males and Females of All Ages               | Please Call                 |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                               | COST                          |
|---|--|---|-------------------------------|
| <b>Mission Recreation Center</b><br>2450 Harrison Street<br>San Francisco, CA 94110<br>415-695-5014<br>www.parks.sfgov.org  | Basketball, Dance, Integrated Recreational Activities, Volleyball, Weight Training, Youth Sports   | Males and Females of All Ages                   | Please Call                   |
| <b>Mission YMCA</b><br>4080 Mission St.<br>San Francisco, CA 94112<br>415-586-6900<br>www.ymcasf.org  | Aerobics, Baseball, Basketball, Camping, Dance, Fitness, Fitness after 50, Martial Arts, Physical Activity Programs, Playground, Sand Box(es), Soccer, Sport Courses, Tai Chi, Walking, Youth Sports | Males and Females of Ages 0-17 and 50 and above | Please Call, Sliding Scale    |
| <b>Moscone Recreation Center</b><br>1800 Chestnut Street<br>San Francisco, CA 94123<br>415-292-2006<br>www.parks.sfgov.org  | Baseball, Basketball, Dance, Integrated Recreational Activities, Performing Arts, Playground, Softball, Tennis, Youth Sports   | Males and Females of All Ages                   |                               |
| <b>Municipal Golf Courses</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-6300<br>www.parks.sfgov.org             |  |   | Please Call                   |
| <b>Natural Areas and Habitat Restoration</b><br>San Francisco Recreation and Park Department<br>811 Stanyan St.<br>San Francisco, CA 94117<br>415-753-7268<br>www.parks.sfgov.org |  | Males and Females of All Ages                   | Free                          |
| <b>New Leaf Outreach to Elders</b><br>1390 Market St., Suite 800<br>San Francisco, CA 94102-5402<br>415-626-7000<br>www.newleafservices.org                                       | Dance, Walking, Yoga   | Males and Females 50 and above years of age     | Free, Low Cost, Sliding Scale |
| <b>Newcomers Health Program- Let's Be Healthy Project</b><br>1351 24th Avenue<br>San Francisco, CA 94122<br>415-682-1970<br>www.parks.sfgov.org                                   | Physical Activity Programs, Stretch Classes, Walking, Yoga   | Males and Females of All Ages                   | Free                          |
| <b>North Beach Playground</b><br>Lombard and Mason Streets<br>San Francisco, CA 94133<br>415-274-0201<br>www.parks.sfgov.org  | Basketball, Playground, Softball, Swimming and Water Activities, Tennis, Youth Sports  | Males and Females of All Ages                   | Free, Low Cost, Please Call   |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION   | TARGET<br>POPULATION                                 | COST              |
|--|---|--|-------------------|
| <b>Oceanview Recreation Center</b><br>650 Capitol Street<br>San Francisco, CA 94112<br>415-337-4710<br>www.parks.sfgov.org   | Badminton, Baseball, Basketball,<br>Football, Integrated Recreational<br>Activities, Martial Arts, Playground,<br>Soccer, Softball, Tennis, Track and Field,<br>Weight Training, Youth Sports | Males and<br>Females of Ages<br>6-24                 | Free              |
| <b>Off-Leash Dog Run Areas</b><br>San Francisco Recreation and Park<br>Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-2782<br>www.parks.sfgov.org      |   | All Ages   | Free              |
| <b>On Lok Senior Day Services</b><br>225 30th St.<br>San Francisco, CA 94131<br>415-550-2210<br>www.onlok.org  | Aerobics, Dance, Fitness after 50,<br>Physical Activity Programs, Stretch<br>Classes, Swimming and Water Activities,<br>Tai Chi, Walking, Weight Training, Yoga                               | Males and<br>Females 60 and<br>above years of<br>age | Free, Low Cost    |
| <b>On the Level SF Walking Tours</b><br>P.O. Box 470002<br>San Francisco, CA 94147<br>415-921-1382<br>www.onthelevel.org   | Fitness, Fitness after 50, Walking  | Males and<br>Females of All<br>Ages                  | Sliding Scale     |
| <b>Palega Recreation Center</b><br>500 Felton Street<br>San Francisco, CA 94134<br>415-468-2875<br>www.parks.sfgov.org   | Aerobics, Badminton, Baseball,<br>Basketball, Integrated Recreational<br>Activities, Kickball, Soccer, Softball, Tai<br>Chi, Tennis, Volleyball, Weight Training,<br>Youth Sports             | Males and<br>Females of All<br>Ages                  | Free, Please Call |
| <b>Panhandle Playground</b><br>Oak St. and Ashbury St.<br>San Francisco, CA 94117<br>415-554-9530<br>www.parks.sfgov.org   | Basketball, Integrated Recreational<br>Activities, Playground   | Ages 0-12  | Free              |
| <b>Park Beautification Projects</b><br>San Francisco Recreation and Park<br>Department<br>811 Stanyan Street<br>San Francisco, CA 94117<br>415-753-7265<br>www.parks.sfgov.org |   | Males and<br>Females of All<br>Ages                  | Free              |
| <b>Photography Center</b><br>50 Scott Street<br>San Francisco, CA 94117<br>415-554-9522<br>www.parks.sfgov.org   | Integrated Recreational Activities  | Males and<br>Females of All<br>Ages                  | Please Call       |
| <b>Portsmouth Square</b><br>Washington and Kearny Sts.<br>San Francisco, CA 94133<br>415-773-1869<br>www.parks.sfgov.org   | Dance   | Ages 35 and<br>above                                 | Free, Please Call |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION   | TARGET<br>POPULATION                        | COST                        |
|---|---|---|-----------------------------|
| <b>Potrero Hill Recreation Center</b><br>801 Arkansas St.<br>San Francisco, CA 94107<br>415-695-5009<br>www.parks.sfgov.org                                 | Baseball, Basketball, Fitness, Integrated Recreational Activities, Performing Arts, Softball, Yoga, Youth Sports  | Males and Females of Ages 0-59              | Free, Please Call           |
| <b>Presidio Community YMCA</b><br>P.O. Box 29911<br>San Francisco, CA 94129<br>415-447-9622<br>www.parks.sfgov.org  | Aerobics, Bicycling, Camping, Fitness, Fitness after 50, Physical Activity Programs, Stretch Classes, Swimming and Water Activities, T-Ball, Team Athletics, Tennis, Walking, Weight Training, Yoga, Youth Sports | Males and Females of All Ages               | Please Call                 |
| <b>Presidio Dance Theater</b><br>1158 Gorgas<br>San Francisco, CA 94129<br>415-561-3997<br>http://ppaf-sf.org/academy                                       | Dance, Fitness, Gymnastics, Performing Arts, Physical Activity Programs, Stretch Classes, Structure Play  | Males and Females of All Ages               | Free, Low Cost, Please Call |
| <b>Presidio Heights Clubhouse</b><br>3437 Clay St.<br>San Francisco, CA 94118<br>415-292-2005<br>www.parks.sfgov.org  | Aerobics, Basketball, Integrated Recreational Activities, Performing Arts, Playground, Volleyball, Youth Sports   | Males and Females of All Ages               | Free, Please Call           |
| <b>Project Insight</b><br>San Francisco Recreation and Park Department<br>811 Stanyan St.<br>San Francisco, CA 94117<br>415-242-5200<br>www.parks.sfgov.org | Integrated Recreational Activities  | Males and Females of Ages 6-59              | Please Call                 |
| <b>Project Open Hand</b><br>730 Polk St.<br>San Francisco, CA 94109<br>415-447-2300<br>www.openhand.org   | Dance, Fitness after 50, Physical Activity Programs, Tai Chi  | Males and Females 60 and above years of age | Free, Low Cost              |
| <b>Randall Museum</b><br>199 Museum Way<br>San Francisco, CA 94114<br>415-554-9600<br>www.randallmuseum.org   | Integrated Recreational Activities  | Males and Females of All Ages               | Free, Low Cost              |
| <b>Raymond Kimball Playground</b><br>Geary and Steiner St.<br>San Francisco, CA 94115<br>415-292-2001<br>www.parks.sfgov.org                                | Baseball, Football, Integrated Recreational Activities, Playground, Softball  |   |                             |
| <b>Real Options for City Kids</b><br>590 Leland Ave.<br>San Francisco, CA 94134<br>415-333-4001<br>www.rocksf.org   | Basketball, Camping, Fitness, Integrated Recreational Activities, Martial Arts, Physical Activity Programs, Self Defense, Soccer, Swimming and Water Activities, Team Athletics, Volleyball, Youth Sports         | Males and Females of Ages 6-17              | Free, Low Cost              |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                                 | COST   |
|--|--|---|--|
| <b>Real Options for City Kids</b><br>590 Leland Ave.<br>San Francisco, CA 94134<br>415-333-4001<br>www.rocksf.org  | Basketball, Camping, Fitness,<br>Integrated Recreational Activities,<br>Martial Arts, Physical Activity Programs,<br>Self Defense, Soccer, Swimming and<br>Water Activities, Team Athletics,<br>Volleyball, Youth Sports   | Males and Females<br>of Ages 6-17                 | Free, Low Cost   |
| <b>Recreation Programming and Support</b><br>San Francisco Recreation and Park<br>Department<br>811 Stanyan Street<br>San Francisco, CA 94117<br>415-753-7275<br>www.parks.sfgov.org |  | Males and Females<br>of All Ages                  | Free   |
| <b>Rhythm and Motion Dance Center</b><br>1133 Mission St.<br>San Francisco, CA 94103<br>415-621-0643<br>www.rhythmandmotion.com  | Aerobics, Dance, Fitness, Performing<br>Arts, Physical Activity Programs, Stretch<br>Classes, Tai Chi, Yoga  | Males and Females<br>of All Ages                  | Low Cost, Pay Per<br>Session, Please<br>Call                         |
| <b>Richmond District YMCA</b><br>360 18th Ave.<br>San Francisco, CA 94121<br>415-666-9622<br>www.ymcasf.org/Richmond   | Aerobics, Camping, Circuit Training,<br>Dance, Fitness, Fitness after 50,<br>Integrated Recreational Activities,<br>Martial Arts, Physical Activity Programs,<br>Self Defense, Stretch Classes, Structure<br>Play, Tai Chi, Weight Training, Yoga,<br>Youth Sports | Males and Females<br>All Ages                     | Free, Low Cost,<br>Pay Per Session,<br>Please Call,<br>Sliding Scale |
| <b>Richmond Playground</b><br>148 18th Ave. and Lake St.<br>San Francisco, CA 94121<br>415-666-7013<br>www.parks.sfgov.org   | Basketball, Integrated Recreational<br>Activities, Playground, Tennis, Youth<br>Sports   | Males and Females<br>of Ages 0-12                 | Free, Please Call  |
| <b>Richmond Recreation Center</b><br>251 18th Ave.<br>San Francisco, CA 94121<br>415-666-7020<br>www.parks.sfgov.org   | Aerobics, Badminton, Baseball,<br>Basketball, Boxing/ Box Training,<br>Dance, Integrated Recreational<br>Activities, Martial Arts, Performing Arts,<br>Soccer, Softball, Tai Chi, Tennis,<br>Volleyball, Weight Training, Youth Sports                             | Males and Females<br>of All Ages                  | Free, Please Call  |
| <b>Richmond Senior Center</b><br>6221 Geary Blvd., 3rd flr.<br>San Francisco, CA 94121<br>415-752-6444   | Fitness after 50, Stretch Classes, Tai Chi   | Males and Females<br>50 and above years<br>of age | Please Call  |
| <b>Rochambeau Playground</b><br>24th Ave. and Lake St.<br>San Francisco, CA 94121<br>415-666-7012<br>www.parks.sfgov.org   | Basketball, Integrated Recreational<br>Activities, Performing Arts, Playground,<br>Tennis, Volleyball, Youth Sports  | Males and Females<br>of Ages 0-17                 | Free   |
| <b>Rosa Parks Senior Center</b><br>1111 Buchanan St.<br>San Francisco, CA 94115<br>415-292-2000<br>www.parks.sfgov.org   | Aerobics, Integrated Recreational<br>Activities, Performing Arts   | 50 and above years<br>of age                      | Free, Please Call  |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                           | COST   |
|--|--|---|--|
| <b>San Francisco Bicycle Coalition</b><br>995 Market St.<br>San Francisco, CA 94765<br>415-431-2453<br>www.sfbike.org  | Bicycling  | Males and Females of Ages 0-12              | Free, Low Cost                               |
| <b>San Francisco Recreation and Park Department Municipal Swimming Pools</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-2747<br>www.parks.sfgov.org | Swimming and Water Activities  | Males and Females of All Ages               | Please Call                                  |
| <b>San Francisco Recreation and Park Department Tennis</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-6302<br>www.parks.sfgov.org                   | Tennis   | Males and Females of All Ages               | Free   |
| <b>San Francisco Recreation and Park Department's Day Camp Programs</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-666-7066<br>www.parks.sfgov.org      | Camping, Physical Activity Programs, Soccer, Volleyball                                | Males and Females of Ages 6-17              | Please Call                                  |
| <b>San Francisco Recreation and Park Tennis Camps</b><br>Kennedy Drive and 3rd Ave.<br>San Francisco, CA<br>415-647-9234<br>www.parks.sfgov.org  | Tennis   | Males and Females of Ages 6-17              | Please Call                                  |
| <b>San Francisco Senior Center</b><br>890 Beach St.<br>San Francisco, CA 94109<br>415-775-1866<br>www.sfsenior.com   | Boating Activities, Dance, Fitness, Physical Activity Programs, Tai Chi, Walking, Yoga | Males and Females of All Ages               | Free, Low Cost                               |
| <b>San Francisco Senior Center- Downtown Branch</b><br>481 O'Farrell St.<br>San Francisco, CA 94102<br>415-771-7950<br>www.sfsenior.com  | Dance, Fitness after 50, Tai Chi   | Males and Females 60 and above years of age | Free, Low Cost, Pay Per Session, Please Call |
| <b>Self-Help for the Elderly</b><br>407 Sansome St.<br>San Francisco, CA 94111<br>415-677-7600<br>www.selfhelpelderly.org  | Dance, Tai Chi   | Males and Females 60 and above years of age | Free, Low Cost                               |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION                          | COST              |
|--|--|--|-------------------|
| <b>Sharon Art Studio in Golden Gate Park</b><br>Golden Gate Park: Bowling Green Drive and Sharon Meadow<br>San Francisco, CA<br>415-753-7004<br><a href="http://www.sharonartstudio.org">www.sharonartstudio.org</a> | Integrated Recreational Activities   | Males and Females of All Ages              | Please Call       |
| <b>Silver Terrace Playground</b><br>Thornton and Bayshore Streets<br>San Francisco, CA 94124<br>415-467-0478<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Baseball, Basketball, Hockey, Integrated Recreational Activities, Kickball, Playground, Softball, Tennis, Youth Sports   | Males and Females of Ages 6-12             | Free              |
| <b>SOMA/Eugene Friend Recreation Center</b><br>270 Sixth Street<br>San Francisco, CA 94103<br>415-554-9532<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Badminton, Basketball, Integrated Recreational Activities, Performing Arts, Playground, Volleyball, Weight Training, Youth Sports  | Males and Females of All Ages              | Free, Please Call |
| <b>South Sunset Playground</b><br>Vicente St. and 40th Ave.<br>San Francisco, CA 94116<br>415-753-7037<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Baseball, Basketball, Integrated Recreational Activities, Playground, Softball, Tennis, Volleyball, Youth Sports   | Males and Female 13 and above years of age | Free, Please Call |
| <b>Special Olympics Northern California</b><br>109 Stevenson St. 5th floor<br>San Francisco, CA 94105<br>415-593-3250<br><a href="http://www.sonc.org">www.sonc.org</a>  | Basketball, Cross Country, Gymnastics, Mini Soccer, Physical Activity Programs, Soccer, Softball, Swimming and Water Activities, Team Athletics, Tennis, Track and Field, Volleyball, Walking, Weight Training   | Males and Females of All Ages              | Free              |
| <b>St. John's Educational Thresholds Center-Community Bridges Beacon Program</b><br>3040 16th St.<br>San Francisco, CA 94103<br>415-864-5205<br><a href="http://www.sjetc.org">www.sjetc.org</a>                     | Baseball, Basketball, Bicycling, Camping, Dance, Fitness, Football, Integrated Recreational Activities, Martial Arts, Performing Arts, Physical Activity Programs, Playground, Soccer, Structure Play, Swimming and Water Activities, Team Athletics, Youth Sports | Males and Females of Ages 6-17             | Free              |
| <b>St. Mary's Recreation Center</b><br>95 Justin Drive<br>San Francisco, CA 94112<br>415-695-5006<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>  | Baseball, Basketball, Dance, Integrated Recreational Activities, Kickball, Martial Arts, Playground, Softball, Tennis, Volleyball, Weight Training, Youth Sports   | Males and Females of Ages 6-12 and 18-24   | Free, Please Call |
| <b>Star Dance Studio</b><br>300 Moraga St.<br>San Francisco, CA 94122<br>415-564-1200<br><a href="http://www.stardancestudio.net">www.stardancestudio.net</a>  | Aerobics, Dance, Fitness, Fitness after 50, Performing Arts  | Males and Females of All Ages              | Please Call       |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION   | TARGET POPULATION                           | COST              |
|---|---|---|-------------------|
| <b>Summer Sailing</b><br>1600 Holloway Avenue<br>HSS Building, Room 307<br>San Francisco, CA 94132<br>415-338-2030<br>www.parks.sfgov.org                                   | Boating Activities  | Males and Females                           | Please Call       |
| <b>Sunnyside Playground</b><br>Melrose Ave. and Teresita Ave.<br>San Francisco, CA 94127<br>415-337-4720<br>www.parks.sfgov.org   | Baseball, Basketball, Integrated Recreational Activities, Kickball, Playground, Softball, Tennis, Volleyball, Youth Sports  | Males and Females of Ages 0-5 and 13-17     | Free, Please Call |
| <b>Sunset Neighborhood Beacon Center</b><br>3925 Noriega St.<br>San Francisco, CA 94122<br>(415) 759-3690<br>www.snbc.org   | Basketball, Dance, Fitness, Football, Integrated Recreational Activities, Kickball, Performing Arts, Physical Activity Programs, Soccer, Structure Play, Tennis, Volleyball | Males and Females 6 and above years of age  | Free              |
| <b>Sunset Recreation Center</b><br>2201 Lawton St.<br>San Francisco, CA 94122<br>415-753-7098<br>www.parks.sfgov.org  | Aerobics, Badminton, Baseball, Basketball, Dance, Integrated Recreational Activities, Martial Arts, Playground, Softball, Tennis, Volleyball, Youth Sports                  | Males and Females of All Ages               | Free, Please Call |
| <b>Swing City Dancers</b><br>50 Phelan Ave.<br>San Francisco, CA 94112<br>415-452-5679<br>www.ccsf.cc.ca.us   | Dance   | Males and Females 13 and above years of age | Please Call       |
| <b>Tenderloin Recreation Center</b><br>570 Ellis St.<br>San Francisco, CA 9109<br>415-753-2761<br>www.parks.sfgov.org   | Dance, Fitness, Integrated Recreational Activities, Performing Arts, Playground, Youth Sports   | Males and Females of Ages 6-24              | Free              |
| <b>The Neighborhood Parks Council</b><br>451 Hayes Street<br>San Francisco, CA 94102<br>415-621-3260<br>www.sfneighborhoodparks.org   | Tai Chi   | Males and Females of All Ages               | Free              |
| <b>Theatre Flamenco of San Francisco</b><br>1144 Rhode Island<br>San Francisco, CA 94112<br>415-826-1305<br>www.theaterflamenco.org   | Dance, Performing Arts  | Males and Females 6 and above years of age  | Pay Per Session   |
| <b>Tiny Tots/ Child Development</b><br>San Francisco Recreation and Park Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-666-7079<br>www.parks.sfgov.org | Integrated Recreational Activities  | Males and Females of Ages 0-5               | Please Call       |

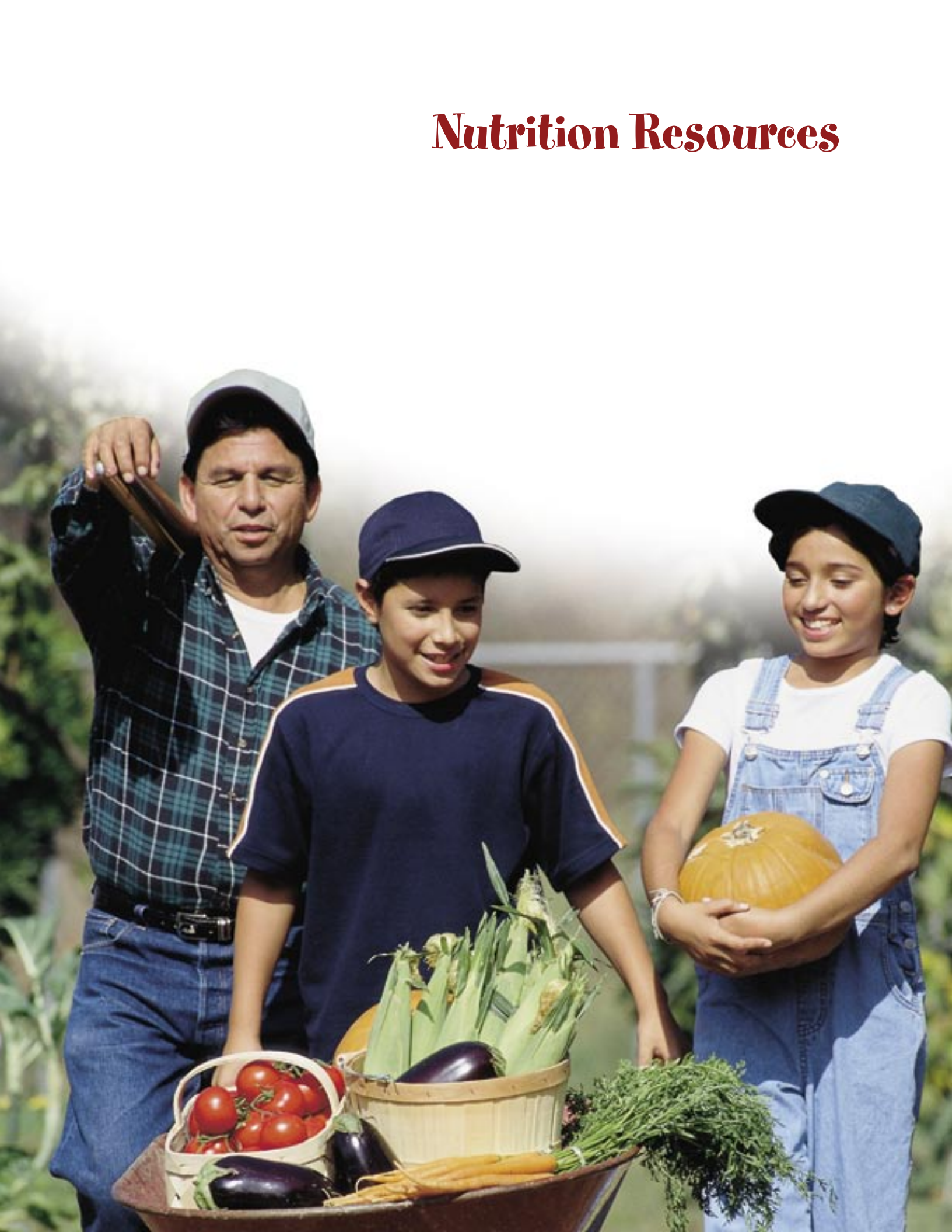
# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION  | TARGET POPULATION  | COST                        |
|---|--|--|-----------------------------|
| <b>Upper Noe Recreation Center</b><br>299 Day St.<br>San Francisco, CA 94131<br>415-695-5011<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>  | Baseball, Basketball, Integrated Recreational Activities, Playground, Softball, Tennis, Volleyball, Youth Sports | Males and Females of All Ages  | Free, Please Call           |
| <b>Visitacion Valley Playground</b><br>Leland Ave. and Cora St.<br>San Francisco, CA 94134<br>415-337-4707<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>  | Basketball, Integrated Recreational Activities, Playground, Softball, Youth Sports                               | Males of Ages 6-17   | Free, Please Call           |
| <b>Visitacion Valley Senior Community Center</b><br>66 Raymond Ave.<br>San Francisco, CA 94134<br>415-467-4499<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>  | Aerobics, Fitness, Fitness after 50, Tai Chi   | Males and Females 60 and above years of age                                  | Free                        |
| <b>West Portal Playground</b><br>131 Lennox St.<br>San Francisco, CA 94127<br>415-753-7038<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>  | Baseball, Dance, Integrated Recreational Activities, Playground, Soccer, Tennis, Volleyball, Youth Sports        | Males and Females of Ages 0-12   | Free, Low Cost, Please Call |
| <b>West Sunset Playground</b><br>3223 Ortega St.<br>San Francisco, CA 94116<br>415-753-7047<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Baseball, Basketball, Dance, Integrated Recreational Activities, Playground, Soccer, Softball, Youth Sports      | Males and Females 50 and above years of age                                  | Free, Please Call           |
| <b>Western Addition Senior Citizens Service Center</b><br>1390 ½ Turk St.<br>San Francisco, CA 94115<br>415-921-7805  | Fitness after 50, Integrated Recreational Activities, Walking  | Males and Females 60 and above years of age                                  | Free                        |
| <b>Woh Hei Yuen Recreation Center</b><br>922 Jackson St.<br>San Francisco, CA 94133<br>415-989-4442<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Dance, Fitness, Integrated Recreational Activities, Martial Arts, Tennis   | All Ages   | Free                        |
| <b>Women, Infants, and Children Supplemental Nutrition Program (WIC)</b><br>30 Van Ness Ave. Suite 220<br>San Francisco, CA 94102<br>415-575-5788<br><a href="http://www.sfdph.org/PHP/wic_program.htm">www.sfdph.org/PHP/wic_program.htm</a> | Group education offered monthly for WIC participants addressing good nutrition and physical activity             | Pregnant, Breast feeding and recently had baby, infants and children under 5 | Free                        |
| <b>Youngblood Coleman Playground</b><br>Mendell and Galvez St.<br>San Francisco, CA 94124<br>415-695-5005<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>   | Baseball, Basketball, Dance, Integrated Recreational Activities, Soccer, Softball, Tennis, Youth Sports          | Males and Females of Ages 6-17   | Free                        |

# Physical Activity Resources • San Francisco

| PROGRAM/<br>ORGANIZATION  | TYPE OF ACTIVITY/ DESCRIPTION                                      | TARGET POPULATION | COST        |
|---|--|-------------------|-------------|
| <b>Youth Athletics</b><br>San Francisco Recreation and Park<br>Department<br>501 Stanyan Street<br>San Francisco, CA 94117<br>415-831-6300<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a>                        | Baseball, Basketball, Soccer, Softball,<br>Tennis, Track and Field | Males and Females | Please Call |
| <b>Youth Volunteer and Education Programs</b><br>San Francisco Recreation and Park<br>Department<br>811 Stanyan Street<br>San Francisco, CA 94117<br>415-753-7276<br><a href="http://www.parks.sfgov.org">www.parks.sfgov.org</a> |  | Males and Females | Free        |

# *Nutrition Resources*



# Nutrition Resources • San Francisco

## Selected Food Resources, San Francisco

| PROGRAM/<br>ORGANIZATION   | CONTACT   | WEBSITE  |
|--|---|--|
| <b>San Francisco Department of Public Health: Feeling Good Project, Nutrition Services</b>                 | 30 Van Ness Ave., Suite 3500<br>San Francisco, CA 94102<br>(415) 575-5689   | <a href="http://www.dph.sf.ca.us/PHP/MCH/FeelingGood/FNAD_interactivepegs092005.pdf">www.dph.sf.ca.us/PHP/MCH/FeelingGood/FNAD_interactivepegs092005.pdf</a> |
| FARMER'S MARKETS   |   |  |
| <b>Alemany Farmers' Market</b>   | 100 Alemany Boulevard (by 101 and 280 freeways)<br>San Francisco, CA 94110<br>(415) 647-9423  | n/a  |
| <b>Bayview Farmers' Market</b>   | Galvez and Third Street at Bayview Plaza<br>(415) 355-3723  | n/a  |
| <b>Cannery Farmers' Market</b>   | At the Cannery<br>2801 Leavenworth Street (at Jefferson and Beach Streets)<br>(415) 771-3112  | <a href="http://www.thecannery.com">www.thecannery.com</a>   |
| <b>Ferry Plaza Farmers' Market</b>   | Ferry Building (Embarcadero and Market Streets)<br>Administrative Office:<br>Center for Urban Education about Sustainable Agriculture (CUESA)<br>One Ferry Building, Suite 50(mailing) or 250 (physical)<br>San Francisco, CA 94111<br>(415) 291-3276 | <a href="http://www.cuesa.org">www.cuesa.org</a>   |
| <b>Heart of the City Certified Farmers' Market</b>   | United Nations Plaza<br>Market Street (between 7 <sup>th</sup> and 8 <sup>th</sup> )<br>Administrative Office:<br>1182 Market Street, Suite 415<br>San Francisco, CA 94102<br>(415) 558-9455  | n/a  |
| <b>Kaiser Hospital Farmers' Market</b>   | 2190 O'Farrell Street at Geary Street (Kaiser Common Area), San Francisco, CA<br>Administrative Office:<br>Pacific Coast Farmers' Market Association<br>5056 Commercial Circle, Suite E<br>Concord, CA 94520<br>(925) 825-9090                        | <a href="http://www.pcfma.com">www.pcfma.com</a>   |
| <b>San Francisco Farmers' Market – Fillmore</b>  | O'Farrell and Fillmore Streets<br>Pacific Coast Farmers' Market Association<br>5056 Commercial Circle, Suite E<br>Concord, CA 94520<br>(925) 825-9090   | <a href="http://www.pcfma.com">www.pcfma.com</a>   |
| FOOD ASSISTANCE PROGRAMS   |   |  |
| <b>Children's Council of San Francisco</b>   | 445 Church Street<br>San Francisco, CA 94114<br>(415) 276-2900  | <a href="http://www.childrenscouncil.org">www.childrenscouncil.org</a>   |
| <b>Congregate Meal Program for Seniors<br/>Department of Aging and Adult Services,<br/>Office of Aging</b> | 875 Stevenson Street, 3 <sup>rd</sup> Floor<br>San Francisco, CA 94103<br>Information Referral and Assistance<br>(415) 626-1033 or (800) 510-2020   | <a href="http://www.sanfrancisco.networkofcare.org/aging">www.sanfrancisco.networkofcare.org/aging</a>   |

# Nutrition Resources • San Francisco

| PROGRAM/<br>ORGANIZATION   | CONTACT   | WEBSITE  |
|--|---|--|
| <b>Food Stamp Outreach Program</b>   | (415) 558-4186<br>(415) 558-1000  | <a href="http://www.sfgov.org/site/dhs/">www.sfgov.org/site/dhs/</a>                                   |
| <b>Food Stamp Program<br/>San Francisco Human Services Agency</b>  | 1235 Mission St.<br>San Francisco, CA 94102   | n/a  |
| <b>Human Services Agency, Department of<br/>Aging and<br/>Adult Services Information, Referral and<br/>Assistance</b>            | 875 Stevenson Street, 3 <sup>rd</sup> Floor<br>San Francisco, CA 94103<br>(415) 626-1033 or (800) 510-2020  | <a href="http://www.sanfrancisco.networkofcare.org/aging">www.sanfrancisco.networkofcare.org/aging</a> |
| <b>Meals on Wheels of San Francisco</b>  | 1375 Fairfax Avenue<br>San Francisco, CA 94124<br>(415) 920-1111  | <a href="http://www.mowsf.org">www.mowsf.org</a>   |
| <b>National School Breakfast and Lunch<br/>Program<br/>San Francisco Unified School District,<br/>Student Nutrition Services</b> | 841 Ellis Street<br>San Francisco, CA 94109<br>(415) 749-3604   | <a href="http://www.sfusd.edu">www.sfusd.edu</a>   |
| <b>Project Open Hand</b>   | 730 Polk Street<br>San Francisco, CA 94109<br>(800) 551-MEAL or (415) 447-2326  | n/a  |
| <b>San Francisco Food Bank</b>   | 900 Pennsylvania Ave.<br>San Francisco, CA 94107<br>(415) 282-1900<br>(use for agencies only)<br>Consumers call the HELPLINK at:<br>(415) 808-4357                    | <a href="http://www.sffoodbank.org">www.sffoodbank.org</a>   |
| <b>San Francisco Free Eats Chart</b>   | From the website, you can download a<br>"Free Eats Chart", which lists resources<br>that provide meals free of charge to<br>anyone in need of food.<br>(415) 648-3222 | <a href="http://freeprintshop.org/">http://freeprintshop.org/</a>                                      |
| <b>San Francisco Head Start/Early Head Start<br/>Program</b>   | 205 13 <sup>th</sup> Street, Suite 3280<br>San Francisco, CA 94103<br>(415) 405-0500  | <a href="http://www.sfheadstart.org">www.sfheadstart.org</a>   |
| <b>Special Assistance for CALWORKS<br/>Recipients on Therapeutic Diets<br/>San Francisco Human Services Agency</b>               | 170 Otis Street, 1 <sup>st</sup> Floor<br>San Francisco, CA 94103<br>(415) 557-5723   | n/a  |
| <b>Supplemental Food Program (SFP)<br/>San Francisco Food Bank</b>   | 900 Pennsylvania Ave.<br>San Francisco, CA 94107<br>(415) 282-1900 (organizations)<br>(415) 808-4357 (consumers)  | n/a  |
| <b>The HELPLINK Information and Referral<br/>Services</b>  | 50 California Street, Suite 200<br>San Francisco, CA 94111<br>(415) 808-4357 or (800) 273-6222<br>Spanish (415) 808-4444  | <a href="http://www.helplink-sf.org">www.helplink-sf.org</a>   |
| <b>Women, Infants and Children (WIC)<br/>Supplemental Nutrition Program</b>  | Administrative Office<br>30 Van Ness Ave., Suite 220<br>San Francisco, CA 94102<br>(415) 575-5788   | <a href="http://www.dph.sf.ca.us/PHP/wic_program.htm">www.dph.sf.ca.us/PHP/wic_program.htm</a>         |
| <b>Wu Ye Children's Services</b>   | 706 Mission Street<br>San Francisco, CA 94110<br>(415) 677-0100   | <a href="http://wuyee.org">http://wuyee.org</a>  |

# *Internet Resources*



# Internet Resources • San Francisco

## 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/<br>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><br><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 • San Francisco

| PROGRAM/<br>ORGANIZATION   | WEBSITE  | DESCRIPTION  |
|--|--|--|
| <b>American Diabetes Association</b>   | <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. |
| <b>American Dietetic Association (ADA)</b>   | <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).                 |
| <b>American Diabetes Association</b>   | <a href="http://www.diabetes.org">www.diabetes.org</a>   | Resources for the management of diabetes.  |
| <b>American Heart Association</b>  | <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.  |
| <b>American Running Association</b>  | <a href="http://www.americanrunning.org">www.americanrunning.org</a>                           | Running website.   |
| <b>Animal Trackers</b>   | <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  |
| <b>Ask the Dietician</b>   | <a href="http://www.askthedietician.com">www.askthedietician.com</a>                           | Nutrition information  |
| <b>Bam! Body and Mind</b>  | <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   |
| <b>Bay Area Dietetic Association</b>   | <a href="http://www.dietitian.org">www.dietitian.org</a>                                       | Nutrition information.   |
| <b>Bicycle Federation</b>  | <a href="http://www.bikefed.org">www.bikefed.org</a>   | Bicycling website  |
| <b>Bicycle Federation – Pedestrian Issues</b>  | <a href="http://www.prowalk.org">www.prowalk.org</a>   | Bicycling website  |
| <b>Bodybuilding</b>  | <a href="http://www.bodybuilding.com">www.bodybuilding.com</a>                                 | One of the largest bodybuilding sites online.  |
| <b>California Center for Physical Activity</b>   | <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.  |
| <b>California Child Care Health Program</b>  | <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.  |
| <b>California Department of Health Services, Cancer Prevention and Nutrition Section</b> | <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  |
| <b>California Dietetic Association (CDA)</b>   | <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".   |
| <b>California Governor's Challenge of Physical Fitness and Sports</b>                    | <a href="http://www.activeca.org">http://www.activeca.org</a>                                  | Provides information on physical activity resources and information in California.   |
| <b>California Healthy Kids Resource Center</b>   | <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 • San Francisco

| PROGRAM/<br>ORGANIZATION  | WEBSITE  | DESCRIPTION   |
|---|--|---|
| <b>California Nutrition Network for Healthy Active Families</b>     | <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.     |
| <b>California Project Lean</b>                                      | <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. |
| <b>California Task Force on Youth and Workplace Wellness</b>        | <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.  |
| <b>CANFIT (California Adolescent Nutrition and Fitness Program)</b> | <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.   |
| <b>Center for Disease Control – Nutrition and Physical Activity</b> | <a href="http://www.cdc.gov/nccdphp/dnpa">www.cdc.gov/nccdphp/dnpa</a>   | Professional research resource of health and fitness field.   |
| <b>Centers for Disease Control and Prevention</b>                   | <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   |
| <b>Cool Running</b>   | <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.   |
| <b>Dairy Council of California</b>                                  | <a href="http://www.dairycouncilofca.org">www.dairycouncilofca.org</a>   | This site has information regarding nutrition and dairy products.   |
| <b>Dietary Guidelines for Americans 2005</b>                        | <a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a>                               | Provides dietary guidelines for all individuals.  |
| <b>Early Childhood Development Guide and Activities</b>             | <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.  |
| <b>Early Childhood Education Web Guide</b>                          | <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.   |
| <b>Eat Smart. Play Hard</b>   | <a href="http://www.fns.usda.gov/eatsmart-playhard">www.fns.usda.gov/eatsmart-playhard</a>                                     | Increasing access to nutrition and physical activity resources.   |
| <b>ERIC EECE</b>  | <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.  |
| <b>ESPN Play Your Way Program</b>                                   | <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.  |
| <b>Exercise for Children</b>  | <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 • San Francisco

| PROGRAM/<br>ORGANIZATION                     | WEBSITE  | DESCRIPTION  |
|--|--|--|
| <b>Exercise for Seniors</b>                  | <a href="http://www.nlm.nih.gov/medlineplus/exercise/seniors.html">www.nlm.nih.gov/medlineplus/exercise/seniors.html</a> | Professional research resource of health and fitness field.  |
| <b>Exercise for Women</b>                    | <a href="http://www.4woman.gov/faq/exercise/htm">www.4woman.gov/faq/exercise/htm</a>                                     | National Women's Health Information Center website   |
| <b>EZYHealth</b>                             | <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.  |
| <b>FDA Kids Home Page</b>                    | <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.  |
| <b>Feeling Good Project</b>                  | <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.   |
| <b>Fit Source</b>                            | <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.  |
| <b>Fit Wise</b>                              | <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.  |
| <b>Fitness Fever</b>                         | <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.   |
| <b>Fitness Link</b>                          | <a href="http://www.fitnesslink.com">www.fitnesslink.com</a>   | Fitness Link   |
| <b>Fitness News – Health Facts</b>           | <a href="http://www.justmove.org">www.justmove.org</a>   | Fitness Link   |
| <b>Fitnezz</b>                               | <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.  |
| <b>FitSource</b>                             | <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. |
| <b>Food and Nutrition Information Center</b> | <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.  |
| <b>Get Big</b>                               | <a href="http://www.GetBig.com">www.GetBig.com</a>   | Number one source of bodybuilding and fitness information  |
| <b>Get Fit</b>                               | <a href="http://www.e-GetFit.com">www.e-GetFit.com</a>   | Fitness Link   |
| <b>Girl Power</b>                            | <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.   |
| <b>Global Fitness</b>                        | <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.   |
| <b>Healthy Choice for Kids Online</b>        | <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.  |
| <b>Healthy Hops</b>                          | <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 • San Francisco

| PROGRAM/<br>ORGANIZATION                                  | WEBSITE  | DESCRIPTION   |
|---|--|---|
| <b>Healthy People 2010</b>                                | <a href="http://www.health.gov/healthpeople/">www.health.gov/healthpeople/</a>   | Fitness Challenge for Americans to improve health trends toward wellness.   |
| <b>Healthy Women Build Healthy Communities</b>            | <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.   |
| <b>HHS Pages for Kids</b>                                 | <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.  |
| <b>Home and Family</b>                                    | <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.  |
| <b>Human Kinetics</b>                                     | <a href="http://www.humankinetics.com">www.humankinetics.com</a>   | Fitness Link  |
| <b>International Health, Racquet and Sports Club</b>      | <a href="http://www.ihrsa.org/index.html">www.ihrsa.org/index.html</a>   | Racquetball Link  |
| <b>Just Move</b>  | <a href="http://www.justmove.org">www.justmove.org</a>   | Provides a personal, online fitness center  |
| <b>Just Move Fitness Center</b>                           | <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   |
| <b>Kidnetic</b>   | <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.   |
| <b>Kidnetic.com</b>                                       | <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.   |
| <b>Kids Health for Kids</b>                               | <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. |
| <b>Kids in Action</b>                                     | <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   |
| <b>Kids' Health</b>                                       | <a href="http://www.kidshealth.org/kid/closet/">www.kidshealth.org/kid/closet/</a>   | Healthy game and activity links.  |
| <b>Kids' Health en Español</b>                            | <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   |
| <b>Learning Network</b>                                   | <a href="http://www.learningnetwork.com">www.learningnetwork.com</a>   | Links to resources and shopping for parents, teachers and kids.   |
| <b>Live It!</b>   | <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.  |
| <b>Muscle Net</b>   | <a href="http://www.MuscleNet.com">www.MuscleNet.com</a>   | Free Muscle Building and Fitness Magazine.  |
| <b>My Pyramid.gov</b>                                     | <a href="http://www.mypyramid.gov">www.mypyramid.gov</a>   | Dietary information.  |
| <b>National Alliance for Youth Sports</b>                 | <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.  |
| <b>National Association for Girls and Women in Sports</b> | <a href="http://www.aahperd.org/nagws">www.aahperd.org/nagws</a>   | Encourages females to be physically active.   |
| <b>National Association for Health and Fitness</b>        | <a href="http://www.physicalfitness.org">www.physicalfitness.org</a>   | Fitness Link  |

## Internet Resources • San Francisco

| PROGRAM/<br>ORGANIZATION                                    | WEBSITE  | DESCRIPTION   |
|---|--|---|
| <b>National Center for Bicycling and Walking</b>            | <a href="http://www.bikewalk.org">www.bikewalk.org</a>                               | Bicycling website   |
| <b>National Center for Bicycling and Walking</b>            | <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. |
| <b>National Coalition for Promoting Physical Activity</b>   | <a href="http://www.al.com/ncppa">www.al.com/ncppa</a>                               | Fitness Link  |
| <b>National Library of Medicine</b>                         | <a href="http://www.nlm.nih.gov">www.nlm.nih.gov</a>                                 | Library of Medical Information  |
| <b>National Recreation and Park Association</b>             | <a href="http://www.nrpa.org">www.nrpa.org</a>                                       | News and stories about community recreation and preservation of parks, trails and nature  |
| <b>Neat Solutions</b>                                       | <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   |
| <b>Net Sweat</b>  | <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  |
| <b>North Carolina Energizers</b>                            | <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.                       |
| <b>Nutrition, Counseling, Education and Services (NCES)</b> | <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  |
| <b>Nutrition.gov</b>  | <a href="http://www.nutrition.gov">www.nutrition.gov</a>                             | A primary site for nutrition information.   |
| <b>Online Fit</b>   | <a href="http://www.Onlinefit.com">www.Onlinefit.com</a>                             | Your online personal trainer partner  |
| <b>On the Move Program</b>                                  | <a href="http://www.moveit.org">www.moveit.org</a>                                   | Physical activity programming.  |
| <b>P.E. 4 LIFE</b>  | <a href="http://www.pe4life.org">www.pe4life.org</a>                                 | Advocates for quality, daily physical education for all children  |
| <b>Parent Clicks</b>  | <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  |
| <b>Parent Soup</b>  | <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                           |
| <b>ParentCenter.com</b>                                     | <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  |
| <b>Parents' Place</b>                                       | <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  |
| <b>Partnership for a Walkable America</b>                   | <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 • San Francisco

| PROGRAM/<br>ORGANIZATION  | WEBSITE  | DESCRIPTION  |
|---|--|--|
| <b>PE Central</b>   | <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.   |
| <b>Pedestrian and Bicycle Information Center</b>                              | <a href="http://www.walkableamerica.org/">www.walkableamerica.org/</a>   | Includes a walk and bike to school web site  |
| <b>Physical Activity and Weight Control</b>                                   | <a href="http://www.niddk.nih.gov/health/nutrit/pubs/physact.htm">www.niddk.nih.gov/health/nutrit/pubs/physact.htm</a> | Fitness Link   |
| <b>Power Play</b>   | <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.   |
| <b>Powerful Bones</b>   | <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.  |
| <b>President's Challenge</b>  | <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  |
| <b>President's Council On Physical Fitness and Sports</b>                     | <a href="http://www.fitness.gov">www.fitness.gov</a>   | Part of the Department of Health and Human Services website  |
| <b>Shape Up America</b>   | <a href="http://www.shapeup.org">www.shapeup.org</a>   | Fitness Link   |
| <b>Simplified Fitness</b>   | <a href="http://www.SimplifiedFitness.com">www.SimplifiedFitness.com</a>   | Make fitness simple and long-lasting   |
| <b>Skillastics</b>  | <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  |
| <b>Southern California Handball Association</b>                               | <a href="http://www.handball.org">www.handball.org</a>   | Handball website   |
| <b>Southern California Municipal Athletic Foundation</b>                      | <a href="http://www.scmf.org">www.scmf.org</a>   | Youth sports competitions, coaching clinics and adult leagues throughout Southern CA   |
| <b>SPARK (Sports, Play and Active Recreation for Kids) Physical Education</b> | <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.  |
| <b>Sports 4 Kids</b>  | <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.                 |
| <b>Sports Fitness</b>   | <a href="http://www.nlm.nih.gov/medlineplus/sportsfitness.html">www.nlm.nih.gov/medlineplus/sportsfitness.html</a>     | Fitness Link   |
| <b>Stay Healthy</b>   | <a href="http://www.stayhealthy.com">www.stayhealthy.com</a>   | Fitness Link   |
| <b>Swim 2000</b>  | <a href="http://www.swim2000.com">www.swim2000.com</a>   | Swimming website   |
| <b>Team Up for Youth</b>  | <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. |
| <b>Teen Health</b>  | <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 • San Francisco

| PROGRAM/<br>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