

Physical Activity Resources

If you are eager to learn more about getting active and how to conduct physical activity demonstrations in the classroom, check out the following websites. Please note: *Network for a Healthy—LAUSD (Network)* funding does not allow the purchase of physical activity equipment or supplies, but allows for the collaboration with other organizations that provide resources to incorporate the message of healthy eating and receiving the recommended amount of daily physical activity.

Have a great resource that's not listed here? Tell us about it! Please e-mail info@healthylaUSD.net.

Action for Healthy Kids (800) 416-5136

Nonprofit organization formed to address childhood obesity, undernourishment and prevention. Works with schools to help kids learn to eat right and be active everyday. Physical activity/Nutrition Tool kit available: "Game On! The Ultimate Wellness Challenge"

Active Living Research (619) 260-5534

Active Living Research, a national program of the Robert Wood Johnson Foundation, contributes to the prevention of childhood obesity in low-income and high-risk racial/ethnic communities by supporting research to examine how environments and policies influence active living for children and their families.

Afterschool Physical Activity

After school physical activity site for children in grades 4-8. Site developed by the San Diego County Office of Education in partnership with the California Department of Education.

Alliance for a Healthier Generation (888) KID-HLTH

Addresses childhood obesity and seeks to develop lifelong healthy habits. (American Heart Association and William J. Clinton Foundation).

American Alliance for Health Physical Ed., Recreation and Dance (AAPHERD) (800) 213-7193

AAHPERD is an alliance of five national associations, six district associations, and a research consortium that is designed to provide members with a comprehensive and coordinated array of resources on both the national and local level, support, and programs to help practitioners improve their skills and so further the health and well-being of the American public.

American Council on Exercise (888) 825-3636

A free youth fitness curriculum is available (Operation Fit Kids, grades 3-5)

The American Heart Association (800) 242-8721

Offers information on heart healthy food and fitness activities; "Hoops for Heart", "Jump Rope for Heart" and "NFL Play 60 Challenge". Elementary and Middle School lesson plans.

American Cancer Society (800) 227-2345

Provides posters, flyers, booklets, recipes, and other materials. Most are FREE. Can be invited to health and nutrition fairs.

Valley schools: (818) 905-7766

Coastal L.A. schools: (310) 348-0356

Central L.A. schools: (213) 386-6102

South L.A. schools: (310) 768-2017

Body and Mind (800) 311-3435

This is an interactive site from the Centers for Disease Control providing information on healthy living to children 9-13.

California Active Communities (916) 552-9874

Formerly the California Center for Physical Activity. Creates opportunities for safe, everyday physical activity through environmental and policy change strategies.

California Adolescent Nutrition and Fitness Program (CANFit) (510) 644-1533

Provides numerous resources for nutrition education and physical activity, funding opportunities through grants, lesson plans and curricula, posters, flyers, booklets, recipes, and other materials. Many are FREE.

California Association for Health, Physical Education, Recreation and Dance (800) 499-3596

A nonprofit, voluntary corporation that promotes health, physical education, recreation and dance.

California Department of Public Health (916) 558-1784

Website features numerous links to health, nutrition, and other resources.

California Healthy Kids Resource Center (888) 318-8188

Maintains a comprehensive collection of reviewed health education materials for grades preschool – 12th grades. These materials are available for loan with free delivery in California. Funded by California Department of Education and the California Department of Health. Website also has links to nutrition resources, including studies, non-profit and government programs that support nutrition and physical activity, and much more.

California Project LEAN (916) 552-9907

Sponsors a wide variety of programs that promote healthy eating and physical activity.

California Walk to School (916) 552-9874

California Walk to School (W2S) headquarters offer resources to encourage more adults and children to walk and bike to school together to raise awareness about physical activity and safety. Walk to School events take place during the month of October.

Center for Weight and Health, UC Berkeley (510) 642-2915

Works with community groups to develop and evaluate programs to support healthy eating and active living.

Centers for Disease Control and Prevention (CDC) (800) 232-4636

Visit the “Healthy Living” section for information on nutrition and physical activity.

Cooper Institute (800) 635-7050

Non profit research and education organization dedicated to preventive medicine.

Coordinated Approach to Childhood Health (CATCH) (800) 793-7900

CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8. The program is currently being implemented in over 7,500 schools and after-school programs across the United States and Canada.

Dairy Council of California (310) 342-6122

Numerous resources for nutrition education (lesson plans for specific grade levels and afterschool programs). Posters, pamphlets, brochures, and other materials for teachers, students, and parents. Representatives will come to your school to train teaching staff on implementing the program. Representatives can be invited to health and nutrition fairs. A mobile dairy classroom brings a live cow to schools. This outdoor assembly is for both lower and upper grade elementary students and supports the California state standards. FREE

Dole

This website provides recipes, coupons, kids activities, contests, education modules, songs, and other resources.

Governor's Fitness Challenge (310) 867-2951

The Governor's Challenge Competition is a challenge among California K-12 schools that encourages students, parents and teachers to get active, healthy and fit. Prizes.

Healthfinder

Consumer health information coordinated the Office of Disease Prevention and developed by the Department of Health and Human Services. Links to other agencies (English/Spanish).

HealthierUS.gov (800) 336-4797

This initiative is a national effort to prevent and reduce the costs of disease, improve people's lives and promote community health and wellness.

Kids Fitness Challenge Foundation (818) 888-7091

Dedicated to fighting obesity through physical activity. Offers many programs such as Kids Fitness Challenge, California Speedway 500, Fitnessgram Challenge, Planet Fitness (fundraising opportunity), and Start Your Engines (breakfast).

Let's Move

This nationwide campaign, led by First Lady Michelle Obama, tackles the challenge of childhood obesity. Information on healthy food choices, physical activity and access to affordable healthy foods.

Los Angeles Collaborative for Healthy Active Children

This website has links to ready-to-use classroom resources developed by other school districts. Download Harvest of the Month Workbooks free from this site (click on the Harvest of the Month icon. Scroll down to find the workbooks).

Marathon Kids

Contact: Kay Morris (kay@marathonkids.org)

A FREE endurance building running/walking/nutrition/gardening program for kindergarteners through 5th graders. Special Los Angeles program kick-off Oct. 22, 2011.

Mayo Clinic

The Mayo Clinic offers information on children, teen and adult health.

MyPlate

United States Department of Agriculture (USDA). Official Web site of the USDA. Find updated information about daily food recommendations. FREE downloadable materials in English & Spanish.

National Association for Sport and Physical Education (NASPE) (800) 213-7193

A nonprofit membership association that sets best practices in quality physical education and sport.

National Association for Health and Fitness (716) 583-0521

The network of state and governor's councils.

National Women's Health Information Center (U.S. Dept. of HHS) (800) 994-9662

Reliable and current information on women's health.

Network for a Healthy California Power Play! Campaign

Complete nutrition and physical activity curriculum for 4th and 5th grades available for use in the classroom. Consumable workbooks for each child. Representatives will come to your school site to train staff on implementing the program. Call Carly Marino at 323-260-3388, or email her at cmarino@ucdavis.edu. FREE

PE Central (540) 953-1043

Provides teachers with lesson ideas, assessment and appropriate programs for preschool through high school students.

Playworks – (Formerly Sports4Kids)

A national nonprofit organization that supports learning by providing safe, healthy and inclusive play and physical activity to schools at recess and throughout the entire school day. With 15 years of experience on the playground, schools powered by Playworks use recess as the catalyst to improve learning and school climate.

President's Challenge

Check out the "Fitness File" on this website for assistance in administering the physical fitness and health fitness tests at your school. Register as the challenge coordinator for your school.

Recreation (877) 444-6777

Information about federal recreation areas.

Sport Play and Recreation for Kids (SPARK) (800) SPARK PE

Public health organization dedicated to creating, implementing and evaluating programs that promote lifelong wellness.

Steps to Healthy Living

This partnership with ABC7 (local television station) and others gives 4th and 5th grade students the opportunity to record their fruit and vegetable consumption and count their steps using pedometers. Contact Scot Matsuda at (213) 241-3512.

Students Run LA (818) 654-1620

Challenging at-risk secondary students to experience the benefits of goal-setting, character development, adult mentoring and improved health by providing them with a truly life-changing experience: Training for and completion of The City of Los Angeles Marathon.

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This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

