

PHYSICAL ACTIVITY AND NUTRITION RESOURCES

Resources for Kids and Teens on Physical Activity and Nutrition

Bam!

This site by the CDC promotes strong bodies and minds in "tweens". <http://www.bam.gov/>

4 Girls Health

This site, sponsored by the Department of Health and Human Services, focuses on current health information for girls ages 10-16. <http://www.4girls.gov/index2.htm>

Girl Power

This link by the Department of Health and Human Services provides general health information to girls ages 9-13. <http://www.girlpower.gov/girlarea/index.htm>

Geena Takes Aim

Powered by Women's Sports Foundation, Geena Takes Aim encourages girls to act against gender discrimination in sports. Geena Davis, award-winning archer and actress, sponsors the site. <http://www.geenatakesaim.com/>

Kidnetic

This site for kids 9-12 promotes healthy eating & active living. It is sponsored by the International Food Information Council in partnership with the American Academy of Family Physicians, American Dietetic Association, and National Recreation and Parks Association, among others. <http://www.kidnetic.com/>

KidsHealth is the largest and most visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use. KidsHealth has been on the Web since 1995.

For Kids: <http://www.kidshealth.org/kid/>

For Teens: <http://www.teenshealth.org/>

Kids Food Cyber Club

This site provides activities and information on food choices, the food guide pyramid, recipes and much more! http://www.kidfood.org/kf_cyber.html

The National Institutes of Health, addresses weight management for teens at

<http://www.niddk.nih.gov/health/nutrit/pubs/winteen/index.htm>.

Nutrition Café

This site sponsored by the Pacific Science Center and Washington State Dairy Council, offers nutritional information through a variety of games. Start playing and start learning!

<http://exhibits.pacsci.org/nutrition/>

Powerful Bones. Powerful Girls Web site. This site includes a Super Sleuth game where girls can find bone-healthy items in a scavenger hunt, and a Powerful Bones Journal with information on foods with calcium and weight-bearing physical activities. The Journal also has space to write names, addresses, and important dates. <http://www.cdc.gov/powerfulbones/index2.html>

Smart Mouth

This website sponsored by the Center for Science in the Public Interest (CSPI), provides nutrition

information and various activities for kids. <http://www.cspinet.org/smartmouth/>

VERB

This site by the CDC offers information for "tweens" on physical activity.
<http://www.verbnow.com/>

Resources for Schools and Communities on Physical Activity and Nutrition

The Action for Healthy Kids (AFHK) national initiative promotes healthy school environments focused on healthy nutrition and increased physical activity. <http://www.actionforhealthykids.org/>

The Action for Healthy Oklahoma Kids (AHOK) state team is working to decrease childhood obesity in Oklahoma. Find out more by visiting the AFHK site (above) and selecting "State Teams."

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) provides resources online at <http://www.aahperd.org/>.

American Diabetes Association <http://www.diabetes.org/main/application/commercewf>

American Dietetic Association <http://www.eatright.org/Public/>

American School Health Association <http://www.ashaweb.org/>

Association of State and Territorial Public Health Nutrition Directors (ASTPHND) provides *Guidelines for Comprehensive Programs to Promote Healthy Eating and Physical Activity* at <http://www.astphnd.org/>.

California Department of Education provides documents to support physical education programs. These are available at <http://www.cde.ca.gov/cyfsbranch/lsp/health/pecommunications.htm>.

CDC's Kids Walk to School Program offers facts and recommendations on physical activity. Visit the site at http://www.cdc.gov/nccdphp/dnpa/kidswalk/fact_sheet.htm.

The Center for Nutrition Policy and Promotion (CNPP) offers numerous publications, reports and press releases on material related to child nutrition. For more information, go to <http://www.usda.gov/cnpp/>.

Dairy Max provides nutrition information and resources for teachers, school food service personnel and consumers. <http://www.dairymax.com/>

The 5 A Day homepage offers multiple resources on nutrition at <http://www.5aday.com/>.

Hearts N' Parks is an NHLBI initiative that promotes physical activity through park and recreation agencies. For more information please visit http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/index.htm#base.

National Association for Sports and Physical Education (NASPE) provides resources on physical activity at <http://www.aahperd.org/naspe/template.cfm?template=main.html>.

The National Dairy Council provides nutrition information on the benefits of milk, cheese and yogurt. <http://www.nationaldairyCouncil.org/>

The National Recreation and Park Association <http://www.nrpa.org/> promotes physical activity, including its collaboration with NHLBI's Hearts N' Parks program.

Nutrition and Your Child <http://www.bcm.tmc.edu/cnrc/consumer/nyc/nyc.htm>

Nutrition Navigator <http://navigator.tufts.edu/>

PBS Teacher Source offers lessons and activities for a variety of age groups on multiple topics, including the benefits of exercise. <http://www.pbs.org/teachersource/health.htm>

The School Health Index (SHI) brings school personnel and the community together to create change. For more information, visit <http://www.cdc.gov/nccdphp/dash/SHI/index.htm>.

USDA offers the *Eat Smart. Play Hard.* (with Power Panther) Web site. <http://www.fns.usda.gov/eatsmartplayhard/>

USDA Publications in Spanish may be found at <http://www.fda.gov/oc/spanish/>.

USDA Team Nutrition <http://www.fns.usda.gov/tn/>

VERB Parents provides physical activity ideas and suggestions for adults to incorporate into their own lives and the lives of their children. <http://www.verbparents.com/>

The Walk to School Day Web site provides information, press materials, handouts and planning guides for coordinating and establishing your own Walk to School Program. <http://www.walktoschool-usa.org/>

Walking Info -- Pedestrian and Walking Center This site provides plans for creating a pedestrian friendly community. <http://www.walkinginfo.org/de/tools.cfm?codename=1a>

The Women's Sports Foundation offers the **GoGirlGo** Project -- a tool developed to help sports programs deliver educational information about reducing the health-risk behaviors that threaten girls' social advancement. <http://www.womenssportsfoundation.org>