

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

California 5 a Day

Be Active Resource Directory

ALAMEDA COUNTY



Welcome to the Alameda 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 Alameda County Public Health Department, members of the Alameda County Physical Activity Coalition (ACPAC) and all contributing individuals and organizations for providing physical activity and nutrition resource information used in this directory.

This listing is in no way intended to be all-inclusive. It is a partial list of local physical activity programs and resources available to help individuals or families with an immediate need for food or those needing supplemental food from various programs. It is funded by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network for Healthy, Active Families. For information on the California Food Stamp Program, call (800) 952-5253.

No agency or resource listed in the directory pays for its listing. All information has been provided by the individual agency or resource and its listing here does not imply endorsement by the California Department of Health Services, Cancer Prevention and Nutrition Section, or any of its directors or sponsors.

California 5 a Day

Be Active Resource Directory

ALAMEDA COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources

Physical Activity Resources



Physical Activity Resources • Alameda County

Selected Physical Activity Resources, Alameda

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
ALAMEDA			
Bayside Pilate's 2515 Santa Clara Ave Alameda, CA 94501 (510) 521-5295	Fitness		
Cuts Fitness For Men-Alameda 2307 Blanding Ave Alameda, CA 94501 (510) 523-2887	Fitness	Men	
Streamline Fitness 909 Marina Village Pkwy, #139 Alameda, CA 94501 (510) 521-6460	Exercise Group and individual exercise program; focus on sport not weight; Diet analysis; monitors body composition; year-round	12 yrs and up	\$50/1 hr. session for individuals \$100/month and up for group classes-2 sessions/wk for 4 wks.
BERKELEY			
Bay Area Outreach Rec Program 1720 8th St. Berkeley, CA 94708 (510) 849-4663	Recreational activities Programs focus on and for visually and physically disabled teens. Year-round	Physically and visually disabled teens.	\$35-85/session; sliding scale.
Bay Area Outreach Recreation Program-Our Children in Need 830 Bancroft Way Berkeley, CA 94710 (510) 849-4663	Integrated recreational activities Recreational program for physically and visually disabled. Year-round	5-19 yrs	No Charge
Berkeley Moving Arts 2525-8th Berkeley, CA 94710 (510) 848-4878			
CANFit 2140 Shattuck Ave. Ste 610 Berkeley, CA 94704 (510) 644-1533 www.canfit.org	Funder for low-income community, multi-ethnic youth nutritional education and fitness programs.	multi-ethnic youth 10-14 yrs.	
Capoeira Arts Cafe 2026 Addison Berkeley, CA 94704 (510) 666-1255			
Center Strength Pilates & Physical Therapy & Feldenkrais 1641 Solano Ave Berkeley, CA 94707 (510) 526-3757			
Curves Berkeley South 2855 Telegraph Ave Berkeley, CA 94705 (510) 540-9256	Fitness	Women	

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Real People Pilates 2718 Telegraph Ave Berkeley, CA 94705 (510) 704-8194			
The Works Coop Exercise & Dance Studio 2566 Telegraph Ave Berkeley, CA 94704 (510) 841-1373			
Young Adult Project/City of Berkeley 1730 Oregon St. Berkeley, CA 94703 (510) 981-6670 phc1@ci.berkeley.ca.us	Basketball, youth sports, dance, martial arts Twilight Basketball League, youth sports, dance, Karate Kids Club; Eng & Span Year-round	All	\$17 or less per program
CASTRO VALLEY			
24 Hour Fitness 3839 E Castro Valley Bl. Castro Valley, CA (510) 733-6448	Fitness	All	
Kenneth C. Aitken Senior & Community Center 17800 Redwood Rd. Castro Valley, CA 94546 (510) 881-6738	Fitness after 50, Keep Fit Exercises, Tai Chi, Line Dancing, Ballroom Dance, Yoga, Badminton Hayward Area Recreation and Park District Senior Programs	Senior Citizens	Varies, Call for info and schedule
DUBLIN			
Curves For Women 2217 San Ramon Valley Blvd. Dublin, CA (925) 743-8273	Fitness	Women	
Fitness 2000 7373 Village Pkwy. Dublin, CA (925) 556-1286	Fitness		
One on One Personal Fitness Trainer 6994 Village Pkwy. Dublin, CA (925) 803-9400			
Velocity Sports Performance 6270 Houston, Ste B Dublin, CA (925) 833-0100	Conditioning	Athletes	
EMERYVILLE			
ALAMEDA ATHLETIC CLUB 1226 Park Ave Emeryville, CA 94608 (510) 521-2001	Fitness	Adults	
Bodytone Fitness Xpress 1601 63rd Ste B Emeryville, CA 94608 (510) 595-3545	Fitness	Adults	

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
CURVES 4550 San Pablo Ave Emeryville, CA 94608 (510) 601-6161	Fitness	Women	
Emeryville Senior Center 4321 Salem Street Emeryville, CA 94608 (510) 596-3730	Health and Fitness	Seniors	
Head Over Heels 1250 45TH STREET Emeryville, CA 94608 (510) 655-1265			
Head Over Heels Gymnastics & Circus 1250 - 45th Street, Ste E Emeryville, CA 94608 (510) 655-1265 O (510) 594-1997 F www.mindspring.com/~hohgymnastics	Gymnastics Gymnastics classes; gymnastics teams; circus classes; Year-round; English & Spanish	2 yrs and up	Varies depending of number of sessions per week, age and type of session
Mavericks Sports Club 6005 Shellmound St. Emeryville, CA 94608 (510) 597-8200	Fitness	Adults	
Namaste Personal Training 1240 POWELL STREET Emeryville, CA 94608 (510) 059-5682	Fitness	Adults	
FREMONT			
Curves 39370 Civic Center Dr. Ste. G Fremont, CA (510) 494-8777	Fitness	Women	
Curves 37643 Niles Blvd. Fremont, CA (510) 791-7348	Fitness	Women	
Curves 208 Francisco Ln Fremont, CA (510) 623-1000	Fitness	Women	
Sensor Dynamics 4568 Enterprise Wy Fremont, CA (510) 623-1459			
HAYWARD			
Bay Area Bodybuilding 924 A St. Hayward, CA 94541 (510) 886-2700			
Curves 26775P Hayward Bl Hayward, CA (510) 690-9442	Fitness	Women	

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Curves 780 B St Hayward, CA (510) 538-5588	Fitness	Women	
Greater Hayward Area Rec & Park District 1099 E Street Hayward, CA 94541 (510) 881-6700 www.hard@haywardrec.org	Recreational Activities Various recreational activities for fitness and fun	4-14 yrs.	Varies by activity
Greater Hayward Area Rec & Park District 1099 E Street Hayward, CA 94541 (510) 888-0100	Recreational Activities Various recreational activities for fitness and fun	Teens	Varies by activity
Hayward Area Parks & Recreation 1099 E Street Hayward, CA 94541 (510) 881-6703	Swim classes, water fitness, water aerobics, lap swim Year round swim at Hayward Plunge, plus 4 seasonal swim centers		Call for fees and schedule
Hayward Area Parks & Recreation 1099 E Street Hayward, CA 94541 (510) 881-6723	Tai Chi, Fit N Trim, Yoga, Aerobics Classes offered at: Castro Valley Community Center, Kenneth C. Aitken Senior & Community Center, San Felipe Community Center and San Lorenzo Park Recreation Center		Call for fees and schedule
Hayward Area Parks & Recreation 1099 E Street Hayward, CA 94541 (510) 881-6700	Recreational Tennis for all ages, (40 lighted courts-10 locations)		Call for information
Hayward Area Senior Center 22325 North Third Street Hayward, CA 94565 (510) 881-6766			
Hayward Plunge 24176 Mission Blvd. Hayward, CA 94541 (510) 881-6703	Swimming, diving, water fitness Indoor swim center, swim lessons, springboard diving, competitive swimming, water fitness, water aerobics classes, lifeguard training.	12-35 months must be with parent	\$26-\$50 depending on class; (\$7.50/class additional if non-resident)
Mall Walking Program Hayward, CA (510) 782-5050	Mall Walking, body shaping Organized Mall Walk, Body shaping, includes warm up, stretching, weights, BRING OWN MAT	Senior Citizens, all ages	Seniors 50 yrs up, Under 50 \$10/4 months.
US Karate School for the Arts & Boxing 20613 Mission Blvd. Hayward, CA 94541 (510) 317-8825	Boxing, Martial Arts, Karate Group Classes: Mon/Wed 5-6pm Boxing 6-7pm Karate 7pm Teen Boxing Tue/Thu 5-6:30 pm Teen Boxing 6:30-7:30 Teen Martial Arts Year-round; English & Spanish	5 yrs and up	\$25 Registration Fee \$75/month for 1 sport

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
YMCA of Hayward 951 Palisade St Hayward, CA 94542 (510) 247-8284	Basketball, soccer, Junior warrior Provides physical activity programs; seasonal	4-17 yrs.	
LIVERMORE			
24 Hour Fitness 1456 Railroad Ave Livermore, CA (925) 447-4496	Fitness	Adults	
Carol Jean Dance Studio 2121 Railroad Ave. Livermore, CA (925) 447-3535			
Curran Lee Dancers 136 Maple Livermore, CA (925) 447-4994			
EAAB's Fitness & Self Defense 4630 Gerrilyn Way Livermore, CA (925) 447-6400			
Liberty Fitness Center for Women 4070 East Ave. Livermore, CA (925) 454-0405			
Livermore Kempo Karate 2781 First St. Livermore, CA (925) 443-3920			
T Kane's Kung Fu and Karate 1098 E. Stranley Bl. Livermore, CA (925) 606-7700			
The Body Mechanic 3545 South I Livermore, CA (925) 449-4490	Exercise & Physical Fitness		
Wings USA Sports Acrobatics and Tumbling Club 6430 Preston Ave Livermore, CA (925) 454-0780			
OAKLAND			
24 Hour Fitness 2050 Webster St Oakland, CA (510) 433-1140			
A Woman's Choice 4400 Keller Ave Oakland, CA (510) 382-1341			

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Adopt a Swimmer Program-City of Oakland 568 Belleview Avenue Oakland, CA 94610 (510) 238-2196	Swimming Swim classes, Junior Lifeguard Program, Competitive Swim Team, Year-round, English, Spanish & Vietnamese at some locations	Youth 7-18 years Infants: 6 mos-2 1/2 yrs, Toddler 3-6 years Basic emergency water safety 12-15 yrs.	\$20/program; Scholarships avail; Free to low-income
B.A.R.O.N.S. Bridges Youth Services 7200 Bancroft Ave., #265 Oakland, CA 94605 (510) 635-2242	Martial Art; Tennis Martial Art-Karate; Tennis Classes; English & Spanish	Youth all ages	Free
Babe Ruth Baseball League P.O. Box 27549 Oakland, CA 94602 (510) 639-7792	Baseball Baseball League (60 teams in age group) Seasonal	5-15 yr olds	\$75 for season (includes insurance and operation costs)
Boys and Girls Club of Oakland P.O. Box 23203 Oakland, CA 94623 (510) 444-8211	Basketball, football, mini soccer, kick ball Various sports	6-15 yrs.	\$10-15/yr. Scholarships available.
Boys and Girls Club of Oakland 8530 International Blvd Oakland, CA (510) 638-1532	Recreation	6-15 yrs.	
Boys and Girls Club of Oakland 6809 Brentford Oakland, CA (510) 635-4975	Recreation	6-15 yrs.	
Boys and Girls Club of Oakland 1327-65th Ave Oakland, CA (510) 638-8991	Recreation	6-15 yrs.	
Boys and Girls Club of Oakland 4801 Shattuck Ave. Oakland, CA (510) 654-0307	Recreation	6-15 yrs.	
Boys and Girls Club of Oakland 920-24th Street. Oakland, CA (510) 272-9929	Recreation	6-15 yrs.	
Boys and Girls Club of Oakland 800 Willow St Oakland, CA (510) 834-7010	Recreation	6-15 yrs.	
Catholic Diocese of Oakland 3014 Lakeshore Ave. Oakland, CA (510) 893-5154	Sports teams for youth, boys & girls basketball, boys' & girls track & field, girls volleyball, boys & girls' cross country, girls softball Sports teams for youth, boys' & girls' seasonal during school year; must attend Catholic parishes & schools	Catholic youth 6-18yrs	Varies by sport
Citi Center Dance Theater 1428 Alice St. 2nd Fl. Oakland, CA 94612 (510) 451-1230 O (510) 451-1238 F	Dance Multi ethnic/African focus dance studio: hip-hop, West African, Congolese, Afro-Samba, Cuban, Salsa, Jazz, Capoeira, etc. Over 200 instructors	All-2yrs up	\$10/class

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
City-Wide Sports 1520 Lakeside Drive Oakland, CA 94612 (510) 238-3494	Men's Basketball, Women's Basketball & Volleyball, Co-ed Volleyball, Basketball League Men & women's sports, co-ed sports.	Adult men & women	Call for fees
Curves 5665 College Ave Oakland, CA 94618 (510) 655-8808	Fitness	Women	
Curves For Women 1333 Grand Ave Oakland, CA 94610 (510) 428-2125	Fitness	Women	
Curves Rockridge 5665 College Ave Oakland, CA 94618 (510) 655-8808	Fitness	Women	
Curves Trestle Glen 2706 Park Blvd Oakland, CA 94606 (510) 645-1101	Fitness	Women	
Curves-Fruitvale Oakland, CA (510) 532-8933	Fitness	Women	
Dance for Power 3616 Lakeshore Avenue. Oakland, CA 94610 (510) 465-9312	Dance World dance and music performers.		
Destiny Arts Center 5688 San Pablo Ave. Oakland, CA 95608 (510) 597-1619 www.destinyarts.org	Dance, martial arts, self-defense Empowers youth through arts education and violence prevention in an environment promoting peace. Award-winning tournament team, performance troupes		
East Oakland Youth Development Center 8200 International Blvd Oakland, CA 94621 (510) 569-8089 O (510) 632-6942 F eoydc@aol.com	Basketball, martial arts, track & field Physical Development: basketball, martial arts, track & field; Year-round; English & Spanish	6 yrs and up	No Cost
Fighting Arts 3224 Grand Ave. Oakland, CA 94610 (510) 893-7640	Martial Arts		
Inside Out 4444 Piedmont Ave Oakland, CA 94611 (510) 655-8308			
Jack London Aquatic Center 115 Embarcadero Oakland, CA 94606 (510) 208-6060			

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Kids in Motion Gymnastics 4137 Piedmont Ave. Oakland, CA 94611 (510) 601-8424	Gymnastics Gymnastics classes using elements of play motor development,, camps, parties; 8 wk sessions year-round	20 months and up	Varies depending of number of sessions per week, age and type of session
Kings Boxing Gym 8843 - 35th Ave. Oakland, CA 94601 (510) 261-2199	Boxing Training Boxing Training; English, Spanish, Russian; Year-round	14 yrs & up	\$55/mo. With professional trainer; (group rates avail. Upon request)
Ladies Workout Express 5418 College Ave Oakland, CA 94618 (510) 601-0458			
Lake Merritt Boating Center 368 Bellevue Ave. Oakland, CA 94610 (510) 238-2196 www.oaklandnet.com	Boating activities Boating Activities; Lessons summer seasons	7 yrs & up	Varies depending on activity
Laurel Jujitsu Women's Self-Defense 4148 MacArthur Blvd. Oakland, CA 94579 (510) 530-5043	Self-defense classes	Women, girls	
Mills College Summer Arts Program 5000 MacArthur Blvd. Oakland, CA 94613 (510) 430-2173	Sports courses; swimming lessons Sports courses; swimming lessons in 2 three week sessions during summer; Seasonal; 1/2 day and full day plans available	6- 12 yrs	Varies by class
Native American Community Cluster 3124 International Blvd Oakland, CA 94601 (510) 535-4400	Team athletics; aerobics; step classes; stretch classes 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
Native American Community Cluster 522 Grand Ave Oakland, CA 94601 (510) 535-4400	Team athletics; aerobics; step classes; stretch classes 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
Native American Community Cluster 3637 Magee Oakland, CA 94601 (510) 535-4400	Team athletics; aerobics; step classes; stretch classes 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Native American Community Cluster 11850 Campus Drive Oakland, CA 94601 (510) 535-4400	Team athletics; aerobics; step classes; stretch classes 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
Native American Community Cluster 405-14th Street Oakland, CA 94601 (510) 535-4400	Team athletics; aerobics; step classes; stretch classes 11 different agency collaboration serving Native American youth in Oakland; Sponsors team athletic programs; aerobic classes; steps classes; stretch classes; year-round; English, Native American dialects	Native American Community 8 yrs and up	No charge for athletics programs, \$15/mo. for patients; \$25/mo for non patients
North Oakland/South Oakland Little League P.O. Box 11383 Oakland, CA 94611 (510) 466-5250	Baseball Baseball for youth; two divisions; 20 game season at public school fields and Parks and Recreation locations in Oakland and Berkeley	Boys & girls 7-16 yrs.	
Oakland Ballet Academy 2968 MacArthur Blvd Oakland, CA 94602 (510) 530-7516	Ballet dance classes Pre-ballet classes 4-6 yrs; Beginning ballet 7 yrs and up; English	4-18 yrs	Fee based; scholarships available
Oakland City Stables 13560 Skyline Blvd Oakland, CA 94619 (510) 430-9510	Horseback riding Horseback riding lessons-groups	8 yrs and up	\$15/session Saturdays; \$35/private session by appointment
Oakland Ice Center-Hockey 519 - 18th St Oakland, CA 94612 (510) 268-9000	Ice skating; Hockey Ice skating rink Hockey league and lessons	4 yrs and up	\$9 - Children 12 pm-5pm; \$10 - Adults 12pm-5pm; \$66 for 6 weeks
Oakland Ice Center-Skating 519 - 18th St Oakland, CA 94612 (510) 268-9000	Ice skating; Figure Skating Ice skating rink ; Skating lessons	4 yrs and up	\$90 for 30 minute sessions; \$100 for 45 minute sessions; Includes practice sessions, free skate rental, \$1 off public session
Oakland Kaiser Permanente Oakland, CA (510) 752-1075 (510) 752-6150	Tai Chi, Feldenkrais Method-Awareness Through Movement, Yoga-for Chronic Pain and Physical Limitations and Health Behavioral Health, Health Education	General Public	Call for fees
Oakland Office of Parks & Recreation 3860 Hanley Road Oakland, CA	Variety of Sports and Recreation Programs Lap Swim, Water Aerobics	All ages	Adults-\$2.50; Seniors-\$1.25

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Oakland Office of Parks & Recreation 2607 Myrtle Street Oakland, CA (510) 879-8050	Variety of Sports and Recreation Programs Lap Swim, Water Aerobics	All ages	Adults-\$2.50; Seniors-\$1.25
Oakland Office of Parks & Recreation 371 45th Street Oakland, CA (510) 597-5013	Variety of Sports and Recreation Programs Lap Swim, Water Aerobics	All ages	Adults-\$2.50; Seniors-\$1.25
Oakland Office of Parks and Recreation 1520 Lakeside Drive Oakland, CA 94612 (510) 238-3495 www.oaklandnet.com	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 3711 Suter St. Oakland, CA (510) 535-5635	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 7701 Krause Ave Oakland, CA (510) 615-5755	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 2535 High St. Oakland, CA (510) 535-5632	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 9175 Edes Ave. Oakland, CA (510) 615-5959	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 560-59th St Oakland, CA (510) 597-5031	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Oakland Office of Parks and Recreation 1637 Fruitvale Ave Oakland, CA (510) 535-5631	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 1651 Adeline St. Oakland, CA (510) 238-7739	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 3860 Hanly Road Oakland, CA (510) 482-7831	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 1969 Park Blvd. Oakland, CA (510) 238-7742	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 1010-E 15th St. Oakland, CA (510) 238-7741	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 1075-62nd Oakland, CA (510) 597-5032	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 250-10 St. Oakland, CA (510) 238-7738	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Oakland Office of Parks and Recreation 2701-22nd Ave. Oakland, CA (510) 535-5625	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 6300 Moraga Ave. Oakland, CA (510) 482-7812	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 3612 Webster St. Oakland, CA (510) 597-5038	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 935 Union St. Oakland, CA (510) 832-3314	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 2521 High St. Oakland, CA (510) 535-5657	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 3131 Union St. Oakland, CA (510) 597-5042	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 5800 International Blvd. Oakland, CA (510) 615-5751	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Oakland Office of Parks and Recreation 3883 Aliso Ave. Oakland, CA (510) 482-7827	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 1701-E 19th St. Oakland, CA (510) 535-5608	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 247 Marlow Dr. Oakland, CA (510) 638-7190	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 365-45th St Oakland, CA (510) 597-5027	Variety of Sports and Recreation Programs Aerobics, Yoga, Morning & evening classes. Recreation Center	All ages	\$45/month
Oakland Office of Parks and Recreation 975-85th Ave. Oakland, CA (510) 615-5764	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Office of Parks and Recreation 9600 Sunnyside St. Oakland, CA (510) 615-5758	Variety of Sports and Recreation Programs After school sports program for children 5-18 yrs. Basketball, baseball, T-ball and football 24 locations; length/frequency varies with sport, usually seasonal and lasts one quarter	All ages	\$25 for 6 week program.
Oakland Robinson Baker YMCA 3265 Market St Oakland, CA 94608 (510) 654-9622	Basketball, swimming, structure play Physical Activities for K-3rd grade 7am-8:30am; After school program for 5th and 6th graders from 2:45pm-6pm; Activities-basketball, swimming structure play; year-round	Kindergarten to teen	Membership: \$7/mo; \$35/year
Oakland Senior Centers 5714 Martin Luther King Jr. Way Oakland, CA 94609 (510) 597-5085	Exercise class, Flamenco Dance, Tai Chi, Line Dance, Yoga Physical activities for seniors. Morning, mid day and after hours.	Senior Citizens	Varies by activity, \$5.50/8weeks of class or donation. Membership fee additional
Piedmont Pilates Plus 4131 1-2 Piedmont Ave Oakland, CA 94611 (510) 420-1412			

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Pitt's Martial Arts Academy 3298 Lakeshore Ave. Oakland, CA 94610 (510) 836-4929 Pmaa1@aol.com www.kpmaa.com	Martial Arts Martial Arts: capoeira, chi gung, judo/jujitsu/masters seminars, tae kwon do, cardio karate, escrima, kajukenbo, self-defense, tai chi, cardio kickboxing, samba; special classes for age 3yrs-6yrs; Women's self defense	3 yrs and up	Introductory lesson: \$99/mon; \$5 drop-in Fees after introductory class vary depending upon the specific class you choose and frequency of training.
San Kil Tang so Do - Martial Arts 6312 Hertzog St. Oakland, CA 94608 (510) 652-6434	Martial Arts		
Sports for Kids 510 Third Street #102 Oakland, CA 94607 (510) 893-4181 O (510) 893-4378 F info@sports4kids.org	Various youth sports Creates and enhances youth sports opportunities. Uses sports to teach and encourage teamwork, self-confidence and health. Works with East Bay elementary schools to provide sports programming during and after school. Year-round. Contact agency for foreign language availability. Several locations.	Kindergarten-5th graders	No Charge
Team-Up for Youth 310 Eighth St., Ste. 300 Oakland, CA 94607 (510) 663-9200 www.info@teamupforyouth.org	Supports, strengthens, expands youth sports opportunities. Ensures quality sports opportunities.		
Walking Tours Oakland, CA (510) 238-3234 http://www.oaklandnet.com/community/walking_tours/tour_front2.html	90-minute guided walking tour of Oakland sites. Start 10 am in front of City Hall. Year-round. CALL FOR APPOINTMENT		
Wang's Therapeutic Medical Exercise & R Research Center 1445 Franklin St Oakland, CA 94612 (510) 893-4748			
West Oakland YMCA 3692 Market Street Oakland, CA 94608 (510) 654-9622	Various physical activities on play ground 2 physical activities programs for Oakland city school children: 9am-noon: play ground w/sand box, climbing structure, basketball game, swim pool-during spring season 12:30-6pm: basketball, badminton, soccer, track ball, climbing structure	Kindergarten-3rd grade	\$1-2/day; sliding scale-pre-school program; \$50/mon after school program
Working Body Sports Chiropractic & Fitness Center 614 Grand Ave Oakland, CA 94610 (510) 286-8100			

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
YMCA of the East Bay 2350 Broadway Oakland, CA 94612 (510) 451-9622	Basketball, football, play ground, sand boxes Develops strength in youth, families and communities through programs and provides services that teach/train individuals to accept and respect others, demonstrate honest, care and responsibility of character. Year-round. English, Spanish, Chinese	All ages	\$35 Join fee; \$59/mo for Kaiser member; \$99 Join fee, \$59/mo reg. member; Fin aid avail.
YWCA of Oakland 1515 Webster St Oakland, CA 94612 (510) 451-7900 O (510) 832-1159 F 222.lprambo@ywcaoakland.org	Tai chi, yoga, swim, Hawaiian dance, West African Dance, Salsa Dance Health and fitness programs; Year-round	10 yrs and up	\$35/year; \$8/class w/membership; \$10/class without membership
PLEASANTON			
24 Hour Fitness 5860 W. Las Positas Pleasanton, CA (925) 463-1515	Fitness	Adult	
Body Balance-Massage & Fitness 164 Ray St Pleasanton, CA (925) 482-1614			
Jamie's Dance Company 3688 Washington Pleasanton, CA (925) 428-0158			
Joe's Taekwon-Do 6654 Koll Center Pkwy Pleasanton, CA (925) 484-0380			
Play It Again Sports 5548 Springdale Ave Pleasanton, CA (925) 734-6750	Recycled Sports Equipment		
Schoeber's Athletic Club 5341 Owens Ct. Pleasanton, CA (925) 463-0950			
SAN LEANDRO			
24 Hour Fitness 304 Bay Fair Mall San Leandro, CA 94578 (510) 278-9744	Fitness	Adults	
Aikido of San Leandro 1033 MacArthur Blvd San Leandro, CA 94577 (510) 430-2518	Martial Arts Self-defense and yoga classes		
B*Dazzled Dancers 1715 - 150th Ave San Leandro, CA 94578 (510) 278-9035	Jazz, tap, hip hop, and creative dance classes		

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Bally Total Fitness 555 Floresta Blvd San Leandro, CA 94578 (510) 351-7579	Fitness Club, personal training, total fitness, group exercise	Adults	
Bay O Vista Family Fitness, Swimming & Tennis Club 1881 Astor Drive San Leandro, CA 94577 (510) 357-8366			
Boys and Girls Club 15980 Marcella San Leandro, CA 94578 (510) 278-5745	Basketball Hoops, physical activity programs Sports, social & physical activity programs; hoops outdoor basketball; in-door gym available Mon-Fri 2-6pm; Year-round except summers; English & Spanish	6-13 yrs	\$20/year
Butterfly Life 15071 E. 14th Street San Leandro, CA 94578 (510) 278-7798	Exercise, health and nutrition Fitness franchise specifically for women. Each location provides women with direct access to leading industry experts in the areas of fitness, nutrition, psychology, beauty and fashion. Panel of experts created simple and effective exercise and nutritional programs geared to help every woman achieve personal success and inner health and beauty. For working women, women with children, and any woman looking for a supportive environment in which to lose weight and gain more self-confidence.		
Butterfly Life Fitness Center 15071 E. 14th St. San Leandro, CA 94578 (510) 278-7798			
Conservatory of Classical Ballet 1035 MacArthur Blvd. San Leandro, CA 94577 (510) 568-7728	Dance Ballet instruction	3 yrs to adult	
Curves 13750 Doolittle Dr San Leandro, CA (510) 351-0111	Fitness	Women	
Curves 15938 Hesperian Blvd San Leandro, CA (510) 481-0111	Fitness	Women	
Curves 308 Davis St. San Leandro, CA 94577 (510) 352-1662	Fitness	Women	
Dance Classe 1793 Washington Ave San Leandro, CA 94577 (510) 483-6838	Dance Jazz, tap, ballet classes		

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
DC Dance Center 1555 Washington Ave. San Leandro, CA 94577 (510) 352-2800	Dance Jazz, tap, ballet classes		
Dean's Gymnastics 14055 Washington Ave San Leandro, CA 94578 (510) 352-4199	Gymnastics Youth gymnastics classes	youth	
Dina Star Dancers 977 Manor Blvd. San Leandro, CA 94579 (510) 483-9450	Dance Tap, jazz, tumbling, Hawaiian, Tahitian dance classes	3 yrs to adult	
Girls Inc. of Alameda County 13666 E 14th St. San Leandro, CA 94578 (510) 357-5515 ext. 36	Exercise, Tai Chi, Hip Hop, Cardiovascular and resistance machines, kickboxing, strength training, Off-site adventures have included rock climbing and sailing. Fitness Center, all-girl environment. Equipped with cardiovascular and resistance training machines, and assortment of free-weights.	girls ages 11-18	The Fitness Center is open to all girls at no cost once they have completed a brief orientation. Orientation appointments can be made by calling the Fitness Center Coordinator. For an annual membership fee, the Fitness Center is open to adult women.
Halau O Ka Ua Lilihua 1555 Washington Ave. San Leandro, CA 94577 (510) 357-9637	Traditional Hawaiian dance		
Java Gym 645 Bancroft Av San Leandro, CA (510) 635-2822	Fitness	Adults	
Jazzercise 1369 Macarthur Blvd San Leandro, CA 94577 (510) 483-1233			
Korean Martial Arts Center 15008 Farnsworth San Leandro, CA 94579 (510) 667-9423	Martial Arts Self-defense classes		
Kuk Sool Won 17321 Hesperian Blvd. San Leandro, CA 94579 (510) 276-3834	Martial Arts Self-defense classes	Men, women, teens, kids	
Ladies Workout Express 699 Lewelling Blvd. Ste. 296 San Leandro, CA (510) 276-0156	Circuit training, Exercise, Weight training Women only franchise. American Heart Association Approved, Award winning weight loss system	Women	
Liberty Fitness 1260 Davis St. San Leandro, CA 94577 (510) 777-1025	Fitness	Women	

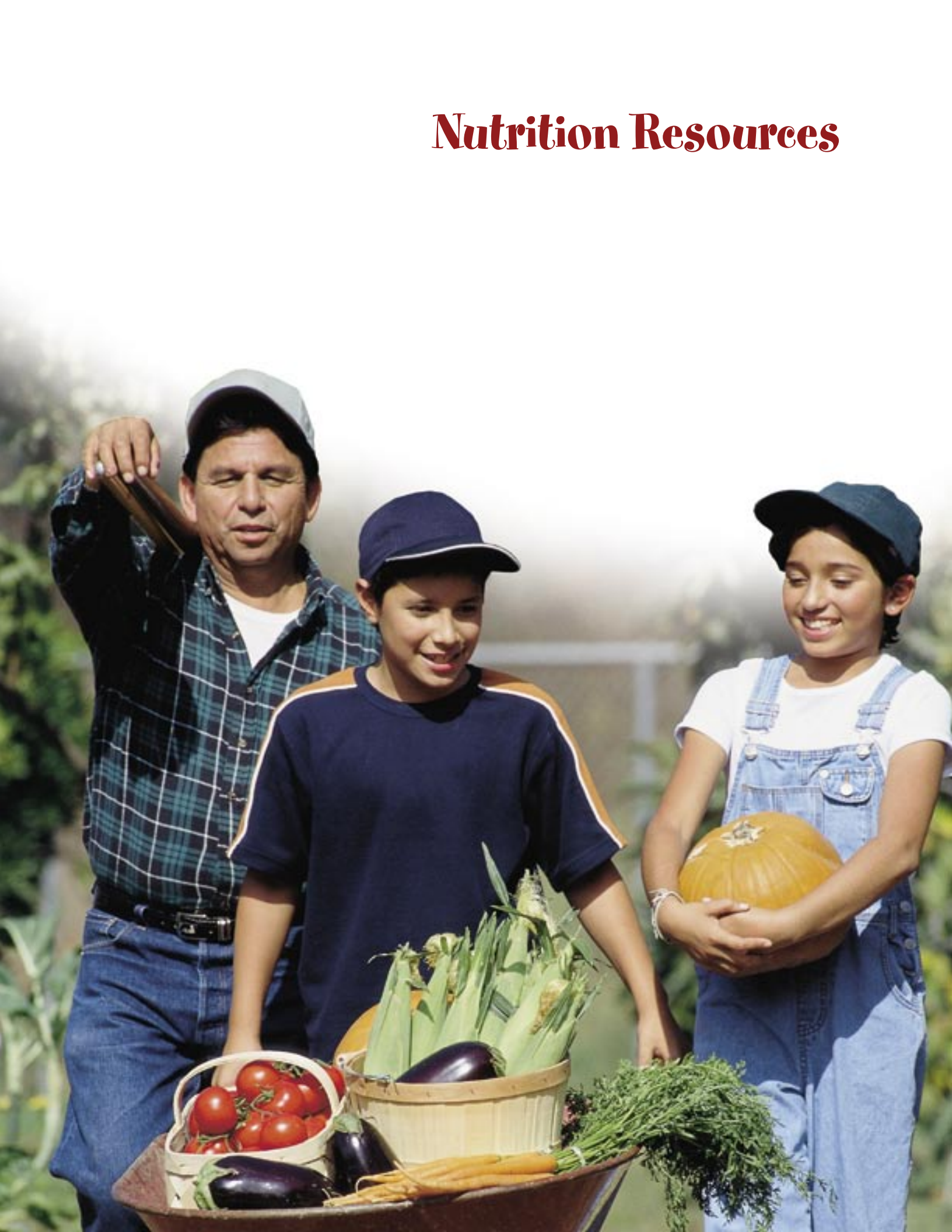
Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Los Ayres Dance Studio 1991 Bancroft Ave. San Leandro, CA 94577 (510) 483-2566	Pre-ballet, classical ballet, jazz dance classes		
Mall Walking Program San Leandro, CA (510) 357-6000	Mall Walking, Line Dancing, Tai Chi Mall Walking, Gold Key Club Events (Senior Citizen Program); "Senior Fit Walk", Tai Chi, Line Dancing	Senior Citizens	
Nautilus Health Club 15555 E 14th St. San Leandro, CA 94578 (510) 278-9744	Fitness	Adults	
North America Martial Arts Academy 14799 Washington Ave San Leandro, CA 94578 (510) 895-8393			
Pallen's Martial Arts 13730 Doolittle Drive San Leandro, CA 94577 (510) 483-6560			
PSY Health Town 14075 E 14th St. San Leandro, CA 94578 (510) 346-0061			
San Leandro Jazzercise 1369 Macarthur Blvd San Leandro, CA 94577 (510) 483-1233			
San Leandro Parks & Recreation 835 E. 14th St. San Leandro, CA 94517 (510) 577-3462	Wide Variety of Sports and Fitness	All ages	Varies
San Leandro Racquet Club 2600 San Leandro Blvd. San Leandro, CA 94578 (510) 357-7131			
Walts Health Club 1660 Washington Ave. San Leandro, CA 94577 (510) 351-1830			
UNION CITY			
Curves 3920 Smith St Union City, CA (510) 487-2878	Fitness	Women	
Curves 2621 Decoto Rd Union City, CA (510) 487-4222	Fitness	Women	

Physical Activity Resources • Alameda County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
MISCELLANEOUS			
BAKA (510) 684-4300	Dance Capoeria group		
Biking Routes http://www.oaklandpw.com/images/bicycling/BMP_final.pdf	Bicycling Map of biking routes.		
Together Everyone Achieves More (TEAM) (510) 251-9545	Farming, performing arts Provides opportunities to work on farms.		
UC-Berkeley Camps (510) 643-CAMP www.oski.org	Football, baseball, soccer (men's and women's), track and field (coed), basketball (men's and women's) Sports camps		Fees vary

Nutrition Resources



Nutrition Resources • Alameda County

Selected Food Resources, Alameda County

PROGRAM/ ORGANIZATION	CONTACT	WEBSITE
PUBLIC HEALTH RESOURCES		
Alameda County Diabetes Program	Eastmont Wellness Center 7200 Bancroft Ave. #202 Oakland, Ca 94605 (510) 383-5185	www.acgov.org/publichealth
Alameda County Public Health Department	1000 Broadway, Suite 500 Oakland, CA 94607 (510) 267-8000	www.acphd.org
WIC RESOURCES		
Alameda County Health Care Services Agency	3600 Telegraph Ave. Oakland, Ca 94609 (510) 595-6400	n/a
Axis Community Health	4361 Railroad Ave. Pleasanton, Ca 94566 (925) 462-2365	www.axishealth.org
La Clinica De La Raza	Fruitvale Health Project, Inc. 2761 International Blvd. Oakland, Ca 94601 (510) 535-4116	www.laclinica.org
Native American Health Center	3124 International Blvd. Oakland, Ca 94601 (510) 535-4420	www.nativehealth.org
Tiburcio Vasquez Health Center, Inc.	1328 Decoto Rd. Union City, Ca 94587 (510) 471-5913	www.tvhc.org
West Oakland Health Center	700 Adeline Street Oakland, Ca 94607 (510) 302-3734	n/a
FOOD PANTRIES		
American Red Cross Bay Area	415 Stardust Place, #613 Alameda Point, Alameda 94501	n/a
Alameda Food Bank	1900 Thau Way Alameda, Ca 94501 (510) 523-5850	alamedafoodbank@alamedanet.net
Allen Temple Baptist Church	1350 86 th Ave. Oakland, Ca 94621 (510) 544-8910	www.allen-temple.org
Berkeley Food Pantry	1600 Sacramento Street Berkeley, Ca 94702 (510) 525-2280	n/a
Emeryville Community Action Program	3610 San Pablo Ave. Emeryville, Ca 94608 (510) 652-8422	www.ecap.info/
Good Samaritan Home	1615 10 th Ave. Oakland, 94606 (510) 536-9750	n/a

Nutrition Resources • Alameda County

PROGRAM/ ORGANIZATION	CONTACT	WEBSITE
Grace Baptist Church	936 Channing Way Berkeley, Ca 94710 (510) 549-1094	n/a
Harbor House	1811 11 th Ave. Oakland, Ca 94606 (510) 534-0165	www.hhministries.org
Harvest House Church	42055 Blacow Rd. Fremont, Ca 94538 (510) 656-2335	www.harvesthousechurch.org
Interfaith Sharing Inc.	St Bartholomews Church 678 Enos Way Livermore, Ca 94550	n/a
La Familia Counseling Service Family Resource	27287 Patrick Ave. Hayward, Ca 94544 (510) 881-5921	http://cecp.air.org
Lake Merritt United Methodist Church	1330 Lakeshore Ave. Oakland, Ca 94606 (510) 465-4793	www.lakemerrittumc.org
Liberty Hill Missionary Baptist Church	997 University Ave. Berkeley, Ca 94710 (510) 848-3855	www.libertyhillbaptistchurch.org
Project Outreach, Inc.	5802 Foothill Blvd. Oakland, Ca. 94621 (510) 382-1360	n/a
Salvation Army – Hayward	430 A Street Hayward, Ca 94544 (510) 581-6495	www.salvationarmyusa.org
Salvation Army – Newark	36700 Newark Blvd. Newark, Ca 94560 (510) 793-6319	www.salvationarmy.org
Square Meals Project	601 Cedar Street Berkeley, Ca 94710	n/a
St. Mary's Center	635 22 nd Street Oakland, Ca 94612 (510) 893-4723	n/a
Taylor Memorial Church	1188 12 th St. Oakland, Ca 94607 (510) 444-6162	n/a
Telegraph Community Center	5316 Telegraph Ave. Oakland, Ca 94509 (510) 658-4457	n/a
Tri City Volunteers	37350 Joseph Street Fremont, Ca 94536 (510) 793-4583	www.volunteersolutions.org
Tri Valley Haven	418 Junction Ave., Room 106 Livermore, Ca 94550 (925) 449-5842	www.trivalleyhaven.org

Internet Resources



Internet Resources • Alameda County

Introduction

The Internet provides access to unlimited amounts of information and a great place to continue nutrition and physical activity research. A good Website contains accurate information from a reliable source and is continuously updated. However, it is always best to be cautious and critical when surfing the web. Please go to www.ca5aday.com for the most recent links to physical activity, nutrition, and food assistance resources.

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
A to Z Fitness	www.atozfitness.com	A to Z fitness contains more than 1000 verified links to fitness and bodybuilding sites, new training and nutrition articles updated weekly. A free bulletin board monitored by five certified personal trainers to answer any questions.
ABC's of Parenting	www.abcparenting.com	The ABC's of Parenting is part of the ParenthoodWeb.com websites. There are several links from ABC's of Parenting to other subjects, including caring for children, finances, fitness, nutrition and others.
Active Living By Design	www.activelivingbydesign.org	Seeks to increase physical activity by community design
Active.com	www.active.com	Extensive on-line listings of local sports, recreation and events. A great place to find organized athletics in our neighborhood – beyond the common sports.
Aim to Be Healthy	www.aimtobehealthy.com	Awesome health through nutrition and fitness activities.
America on the Move	www.americaonthemove.org	A national initiative dedicated to helping individuals and communities across the nation make positive changes to improve health and quality of life. Offers a walking program with group coordination and logs.
American Academy of Pediatrics	www.aap.org	The organization is dedicated to the health of all children.
American Alliance for Health, P.E. Recreation and Dance (AAHPERD)	www.aahperd.org	Professional Research resource of health and fitness field.
American Cancer Society	www.americancancersociety.org www.cancer.org	The American Cancer Society is an extensive network of services and organizations fighting cancer by providing education and support with resources for survivors, family, friends and professionals.
American Cancer Society	www.cancer.org	For ACS guidelines on diet, nutrition and cancer support
American College of Sports Medicine (ACSM)	www.acsm.org	Professional research resource of health and fitness field.
American Council on Exercise	www.acefitness.org	Professional research resource for health and fitness
American Council on Science and Health	www.acsh.org	Professional research resource for health and fitness

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
American Diabetes Association	www.diabetes.org	The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. The mission of the organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes.
American Dietetic Association (ADA)	www.eatright.org	The ADA is the largest organization of food and nutrition professionals in the United States. You can find more in-depth information on any topic by using the site search engine or Find-a-Dietitian (listing of Registered Dietitians across the country).
American Diabetes Association	www.diabetes.org	Resources for the management of diabetes.
American Heart Association	www.americanheart.org	The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke.
American Running Association	www.americanrunning.org	Running website.
Animal Trackers	www.healthy-start.com/prog_anim.html	Activities for learning and practicing gross motor skills
Ask the Dietician	www.askthedietician.com	Nutrition information
Bam! Body and Mind	www.bam.gov	Geared for kids and features a physical activity section which includes free activity cards explaining a variety of sports and games
Bay Area Dietetic Association	www.dietitian.org	Nutrition information.
Bicycle Federation	www.bikefed.org	Bicycling website
Bicycle Federation – Pedestrian Issues	www.prowalk.org	Bicycling website
Bodybuilding	www.bodybuilding.com	One of the largest bodybuilding sites online.
California Center for Physical Activity	www.caphysicalactivity.org	The Center creates opportunities for everyday activity by connecting partners to active living resources and helping develop more walkable and bikable communities.
California Child Care Health Program	www.childcare.org	Site offers training curricula for child care providers and reproducible parent handouts. Links to other sites available.
California Department of Health Services, Cancer Prevention and Nutrition Section	www.dhs.ca.gov/ps/cdic/cpns	Learning about the California Nutrition Network and California 5 a Day programs
California Dietetic Association (CDA)	www.dietitian.org	Registered dietitian referral service and a variety of articles for topics of interest available under "Food for Thought".
California Governor's Challenge of Physical Fitness and Sports	http://www.activeca.org	Provides information on physical activity resources and information in California.
California Healthy Kids Resource Center	www.californiahealthykids.org	Healthy Kids Resource Center offers free health instruction materials and links to other useful resources.

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
California Nutrition Network for Healthy Active Families	www.dhs.ca.gov/ps/cdic/cpns	The California Nutrition Network is a partnership of over 200 public and private organizations seeking to achieve the goal of healthy eating and increased physical activity. It is the state's largest network of its kind targeted towards limited income consumers to promote positive health behavior change.
California Project Lean	www.californiaprojectlean.org	California Project Lean is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies and community based solutions. CPL's goal is to increase healthy eating and physical activity to reduce obesity.
California Task Force on Youth and Workplace Wellness	www.wellnesstaskforce.org/initiatives.html	Has made a commitment to support the integration of quality physical activity into the lives of every Californian.
CANFIT (California Adolescent Nutrition and Fitness Program)	www.canfit.org	The CANFIT Program's mission is to engage communities and build their capacity to improve nutrition and physical activity status of California's low-income African American, American Indian, Latino, Asian American and Pacific Islander youth 10-14 years old.
Center for Disease Control – Nutrition and Physical Activity	www.cdc.gov/nccdphp/dnpa	Professional research resource of health and fitness field.
Centers for Disease Control and Prevention	www.cdc.gov/nccdphp/dnpa/nutrition.htm	Information about the importance of good nutrition and how to make healthy eating a part of your life
Cool Running	www.coolrunning.com	This site has a kids' page, calendar of events, articles and a cyber mall. Runners and fitness buffs will enjoy browsing.
Dairy Council of California	www.dairycouncilofca.org	This site has information regarding nutrition and dairy products.
Dietary Guidelines for Americans 2005	www.healthierus.gov/dietaryguidelines	Provides dietary guidelines for all individuals.
Early Childhood Development Guide and Activities	www.enfagrow.com	Sponsored by Enfamil, this site offers developmental and nutrition information for parents and caregivers as well as age appropriate activities.
Early Childhood Education Web Guide	www.ecwebguide.com	This site provides childcare professionals with the most up-to-date internet resources. Great site with loads of information.
Eat Smart. Play Hard	www.fns.usda.gov/eatsmart-playhard	Increasing access to nutrition and physical activity resources.
ERIC EECE	www.ericps.ed.uicu.edu/eece/ed2link.html	Clearinghouse of elementary and Early childhood Education. This site links to a huge variety of educational resources.
ESPN Play Your Way Program	http://disney.go.com/playyourway/index.html	Youth fitness initiative that empowers kids ages 7 to 12 to get fit and remain physically active. Play your way encourages youth to develop games that can be played with traditional and non-traditional materials.
Exercise for Children	www.nlm.nih.gov/medlineplus/exercise/forchildren.html	Professional research resource of health and fitness field.

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
Exercise for Seniors	www.nlm.nih.gov/medlineplus/exercise/seniors.html	Professional research resource of health and fitness field.
Exercise for Women	www.4woman.gov/faq/exercise/htm	National Women's Health Information Center website
EZYHealth	www.ezyhealth.com	Health Information, medicine, doctors, health products, lifestyle tips, health beauty and dieting tips for parents.
FDA Kids Home Page	www.fda.gov/oc/opacom/kids/default.html	This interactive website targets youth and provided excellent information on food, nutrition, food safety and health.
Feeling Good Project	www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm	Provides nutrition and physical activity information. Focuses on low-income populations.
Fit Source	www.getupanddosomething.org	This site links child care after school providers to a wide variety of physical activity and nutrition resources.
Fit Wise	www.FitWise.com	Free Weekly Fitness Tips Newsletter full of useful information, exercise tips, diet tips, and inspiration for us all.
Fitness Fever	www.fitnessfever.com	Sponsored by Blue Cross/Blue Shield of MN, this site offers activities, experiments, recipes, nutrition information, active games and resource information for teachers.
Fitness Link	www.fitnesslink.com	Fitness Link
Fitness News – Health Facts	www.justmove.org	Fitness Link
Fitnezz	www.fitnezz.net	A well organized and deep source on sports and health topics. One of the most complete collections of fitness and bodybuilding links.
FitSource	www.nccic.org/fitsource/index.cfm	This site links child care and after school providers to a wide variety of physical activity and nutrition resources. There are links to activities, lesson plans, healthy recipes, information for parents and many other downloadable tools.
Food and Nutrition Information Center	www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html	Information on the nation's food resources.
Get Big	www.GetBig.com	Number one source of bodybuilding and fitness information
Get Fit	www.e-GetFit.com	Fitness Link
Girl Power	www.girlpower.gov/	National public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9-13 year old girls to make the most of their lives.
Global Fitness	www.global-fitness.com/	Our on-line guide to healthy living and optimal fitness. Includes a recipe of the day feature.
Healthy Choice for Kids Online	www.healthychoices.org	The website is provided by the Growers of Washington State apples and Tree Top, Inc. Lesson Plans, worksheets and coloring sheets available in Spanish.
Healthy Hops	www.healthy-start.com/prog_healthy.html	More than 25 classroom activities and take-home activities for children

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
Healthy People 2010	www.health.gov/healthpeople/	Fitness Challenge for Americans to improve health trends toward wellness.
Healthy Women Build Healthy Communities	www.hrsa.gov/womenshealth/toolkit/menu.html	Provides an online toolkit to help women create a personal program to eat healthier and be more physically fit.
HHS Pages for Kids	www.hhs.gov/kids	The Department of Health and Human Services site with resource information and links to related sites for educators, parents and children.
Home and Family	www.homenfamily.com	An online resource for information on your family's health, nutrition, topics related specifically to kids, family relationships, etc.
Human Kinetics	www.humankinetics.com	Fitness Link
International Health, Racquet and Sports Club	www.ihrsa.org/index.html	Racquetball Link
Just Move	www.justmove.org	Provides a personal, online fitness center
Just Move Fitness Center	www.justmove.iorg/home.cfm	An interactive fitness and exercise site provided by the American Heart Association
Kidnetic	www.kidnetic.com/	Interactive web site featuring healthy recipes, fun games, information about how your body works and information for parents.
Kidnetic.com	www.kidnetic.com	Kid-based website with games, facts and recipes to help children understand food, feelings and fitness for better health.
Kids Health for Kids	www.KidsHealth.org	Investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition. Contains tons of information about kids' health issues, several interactive games, medical terminology/words and tasty treats in the "What's Cooking" section.
Kids in Action	www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html	Interactive Web site featuring healthy recipes, fun games, information about how our body works and information for parents
Kids' Health	www.kidshealth.org/kid/closet/	Healthy game and activity links.
Kids' Health en Español	www.kidshealth.org/kid/en_espanol/index.html	Juego sobre la salud y conexiones a actividades
Learning Network	www.learningnetwork.com	Links to resources and shopping for parents, teachers and kids.
Live It!	www.liveitprogram.com	The Live It! Program provides fun ideas and activities to help students get moving, while enlightening them on the benefits of a healthy and active lifestyle.
Muscle Net	www.MuscleNet.com	Free Muscle Building and Fitness Magazine.
My Pyramid.gov	www.mypyramid.gov	Dietary information.
National Alliance for Youth Sports	www.nays.org	Advocacy and promotion and athletics and activity in school-age children. Links for kids, parents, administrators and coaches.
National Association for Girls and Women in Sports	www.aahperd.org/nagws	Encourages females to be physically active.
National Association for Health and Fitness	www.physicalfitness.org	Fitness Link

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
National Center for Bicycling and Walking	www.bikewalk.org	Bicycling website
National Center for Bicycling and Walking	www.bikewalk.org	The mission of the National Center for Bicycling and Walking is to help create bicycle-friendly and walkable communities across North America by encouraging and supporting the efforts of individuals, organizations and agencies.
National Coalition for Promoting Physical Activity	www.al.com/ncppa	Fitness Link
National Library of Medicine	www.nlm.nih.gov	Library of Medical Information
National Recreation and Park Association	www.nrpa.org	News and stories about community recreation and preservation of parks, trails and nature
Neat Solutions	www.neatsolutions.com	This site is a resource to order nutrition and health education materials for children. Lesson plans are also available
Net Sweat	www.netsweat.com	A primary source of information on exercise and nutrition, offering a comprehensive listing of fitness-related sites
North Carolina Energizers	www.ncpe4me.com/energizers.html	Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide activity.
Nutrition, Counseling, Education and Services (NCES)	www.ncescatalog.com	Good source of books, videos and teaching aids on nutrition, exercise and eating disorders available for purchase online
Nutrition.gov	www.nutrition.gov	A primary site for nutrition information.
Online Fit	www.Onlinefit.com	Your online personal trainer partner
On the Move Program	www.moveit.org	Physical activity programming.
P.E. 4 LIFE	www.pe4life.org	Advocates for quality, daily physical education for all children
Parent Clicks	www.parentclicks.com	Helpful resource information for parents regarding their children's health, behavior, education, safety and emotional well-being
Parent Soup	www.parentsoup.com	This site offers a variety of articles from health and nutrition issues to dealing with behavior issues and sibling rivalry. Message boards and chat rooms are available links to other sites of interest
ParentCenter.com	www.parentcenter.com	This site offers parents information on parenting, learning, health, fun and activities. Chat boards are available as well as links to other sites
Parents' Place	www.parentsplace.com	A sister site to Parent Soup. Offers information about healthy pregnancies to raising your child with proper nutrition and health advice
Partnership for a Walkable America	www.walkableamerica.org	The Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly.

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
PE Central	www.pecentral.org	PE Central has an extensive database of physical activity lessons and games. The ability to search by age group and type of activity makes it particularly useful.
Pedestrian and Bicycle Information Center	www.walkableamerica.org/	Includes a walk and bike to school web site
Physical Activity and Weight Control	www.niddk.nih.gov/health/nutrit/pubs/physact.htm	Fitness Link
Power Play	www.bayarea5aday.ucdavis.edu	The Campaign's purpose is to motivate and empower California's 9 to 11 year olds to eat fruits and vegetables and get physical activity.
Powerful Bones	www.cdc.gov/powerfulbones/games_fun/index.html	Interactive website that provides innovative games and nutrition quizzes that promote optimal bone health in girls.
President's Challenge	www.parentschallenge.org	Challenge to school-children to increase activity and awareness of public health and obesity trends
President's Council On Physical Fitness and Sports	www.fitness.gov	Part of the Department of Health and Human Services website
Shape Up America	www.shapeup.org	Fitness Link
Simplified Fitness	www.SimplifiedFitness.com	Make fitness simple and long-lasting
Skillastics	www.skillastics.com	Classroom board games to encourage physical challenges for all kids to learn and master sports skills
Southern California Handball Association	www.handball.org	Handball website
Southern California Municipal Athletic Foundation	www.scmf.org	Youth sports competitions, coaching clinics and adult leagues throughout Southern CA
SPARK (Sports, Play and Active Recreation for Kids) Physical Education	www.sparkpe.org	Sample lesson plans available and order curriculum for physical education programs. Preschool through eighth grade plans available. On-site training is also available.
Sports 4 Kids	www.sports4kids.org	The mission of Sports4Kids is to provide opportunities to enhance the health and well-being of youth and communities. The resource section of this website has downloadable physical activity curricula, games and activities.
Sports Fitness	www.nlm.nih.gov/medlineplus/sportsfitness.html	Fitness Link
Stay Healthy	www.stayhealthy.com	Fitness Link
Swim 2000	www.swim2000.com	Swimming website
Team Up for Youth	www.teamupforyouth.org	Through grant-making, policy initiatives and information, Team up for youth promotes the healthy development of young people by strengthening and expanding after-school sports programs, particularly those serving low-income neighborhoods.
Teen Health	www.teenhealth.org	Great information for teens, kids and parents covering all aspects of health and fitness

Internet Resources • Alameda County

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
The President's Challenge	www.presidentschallenge.org	The President's Challenge is program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.
Truly Hugh	www.TrulyHugh.com	A website for bodybuilding, health and fitness. Get free fitness tips
Tufts University Nutrition Navigator	www.navigator.tufts.edu	Nutrition information
U. S. Department of Agriculture	www.usda.gov	Government site focusing on nutrition aimed at increasing the consumption of fruits and vegetables for better health.
U. S. Fencing Association	www.usfa.org	Fencing website
U. S. Food and Drug Administration	www.fda.gov	Information on the nation's food sources
U.S. Department of Health and Human Services	www.cdc.gov/aboutcdc.htm	Professional research resource of health and fitness field
UC Berkeley Center for Weight and Health	www.cnr.berkeley.edu/cwh	Nutrition information
Ultimate Frisbee	www.access.digex.net/~cdl/ultimate.html	Frisbee website
United Learning	www.unitedlearning.com	Creator of Mighty Me Training Camp, an educational exercise video that encourages kids to love and take care of themselves-strengthening their "inner superhero" through physical activity
USA Gymnastics	www.usa-gymnastics.org	Gymnastics website
Verb Crossover for Community-based Organizations	www.cdc.gov/youthcampaign/materials/tweens/crossover_cbo	Materials designed to help move students to action and make physical activity a natural part of every day. These materials can be downloaded in color, printer-friendly black and white or rich text format.
VERB Youth Media Campaign	www.cdc.gov/youthcampaign/index.htm	This site includes resources and information to make regular physical activity "cool" for tweens and a fun thing to do.
Water Polo	www.h2opolo.com	Water Polo website
Wellness Councils of America	www.welcoa.org/about.htm	Fitness Link
Women's Exercise Network	www.WomensExerciseNetwork.com	Find a workout partner and make some new friends.



Bay Area Region Nutrition Network
September 2006