

Staying Healthy and Active

Community Exercise Resource Guide



Activity Programs and Clubs

East Bay Regional Parks
1-888-327-2757
<http://www.ebparks.org>

Planet Fitness-Hayward
214 B Southland Dr, Hayward, CA 94545, 13 yrs +
510-264-1800, 24 hours
Fremont Location: 39161 Farwell Dr, Fremont, CA 94538
(510) 797-5000
www.planetfitness.com

San Leandro Recreation & Human Services
510-577-3462
<http://www.ci.san-leandro.ca.us/slrechumansvcs.html>

Silliman Activity & Family Aquatic Center-Newark
510-742-4409
www.cinewark.ca.us/newsletters/activities.html

Union City Sports Center
Basketball gym 10-12yrs Fitness Center 14 yrs
31224 Union City Blvd, Union City, CA 94587
510-675-5808
www.unioncity.org/leisure/activity%20guide.htm

Parks and Recreation Departments
Hayward Area Recreation and Park District
510-881-6700
<http://haywardrec.org/>

Union City Leisure Services
510-471-3232
<http://www.ci.union-city.ca.us/leisure/ucls.htm>

City of Fremont
510-494-4300
<http://www.regerec.com>

Newark Recreation and Community Services
510-742-4437
<http://www.ci.newark.ca.us/residents/parks/>

Comcast Cable Users: For fun free exercise programs
Go to "Demand Menu" click kids, click Kids Fun Fitness.
Select fun workouts for kids and the whole family can participate!

Featured Community Programs

Trails Challenge: Program is a self-paced annual program, designed to get people fit and into the great outdoors by exploring trails of the East Bay Regional Park District's 65 parklands. Registration includes access to the downloadable guide booklet, a free* organic T-Shirt, and commemorative pin for those who complete the Challenge (while supplies last).
Free Program 510-544-2202

Girls Inc. of Alameda County-San Leandro
13666 East 14th St., San Leandro, CA 94578
A new program that will incorporate personalized attention and a wide range of fitness techniques to help girls ages 6-18 reach their personal health goals. **Free with referral from doctor.**
510-357-5515, ext. 236 Rosie www.girlsinc.org

Matt Jimenez Community Center-Hayward
28200 Ruus Rd Hayward, CA 94544
Offers full access to gym from Mon., Tues., Thur., Fri., 3-7pm, and Wed., 1-7pm. Kids will play a variety of activities: football, soccer, baseball, volleyball and more! Fee is \$50 for the school year and \$50 for summer 12-6pm. 510-887-0400

San Leandro Boys and Girls Club
401 Marina Blvd San Leandro, CA 94577. 510 483-5581
Program offers a complete gym and weight training program that includes exercise and nutrition courses for the Club's members.
\$181 per school year, equivalent to \$1 a day per year
510-483-5581 www.bgcsl.org

YMCA-Youth Sports/Camps-Hayward
951 Palisade St, Hayward, CA 94544
510-247-8284
<http://eden.ymcaeastbay.org/>

YMCA-Fremont
41811 Blacow Rd, Fremont, CA 94538
510-279-2905
<http://fremont.ymcaeastbay.org/>

Other Suggestions-Small changes make a difference!
-Take a walk with your child before or after school
-Ride bikes together
-Use the stairs instead of the elevator and escalators
-Do chores listening to music
-Encourage watching less TV, less computer & video game use
-Encourage more outside play in safe areas
-Park car away from stores to encourage more walking
-Walk your dog

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KP and Community Online Resource Guide

KP Online Resources

kp.org/children – information on physical activity, positive parenting, common illnesses and much more

kp.org/kidwisdom – healthy activities and games for children

kp.org/amazingfooddetective – interactive health game for children

kp.org/farmersmarket – find a farmer’s market near you

kp.org/health – view the health encyclopedia for child & teen topics

kp.org/espanol – content in Spanish

Online Resources for Healthy Eating and Healthy Activity

Guide for healthy recipes for kids and family, and motivating ideas for activity for the whole family

<http://www.healthykids.nsw.gov.au/eating/>

United States Department of Agriculture guidelines for healthy eating, reviews of food pyramid, and nutritional interactive games

<http://www.mypyramid.gov/kids/index.html>

50 ways for kids to exercise - Indoors or out

<http://www.emaxhealth.com/43/6031.html>

Low-cost swimming for those hot summer days through out Bay Area

<http://www.ebparks.org/activities/swimming>

Advice on nutrition and fitness for kids, teens, and parents. Fun interactive health games.

www.kidshealth.org

Set your own “Fuel Up to Play 60 Goals” and keep eating healthy. Get active for 60 min and make a difference in your school. You can also challenge a friend to keep the fun going!

<http://www.fueluptoplay60.com/>

Healthy eating games for kids

<http://pbskids.org/games/healthyeating.html>

Learn about the 10,000 step a day Challenge in which the whole family can participate; articles on fun ways to get moving.

<http://www.kidnetic.com/BrightPapers/?c=Featured&p=52>

Teen Resources

Website for teens with information on health issues including nutrition and exercise

<http://www.teengrowth.com/>

BAM! Body and Mind is a site designed for ages 9-13 with games and information on food nutrition, and physical activity

<http://www.bam.gov/>

Center for Science in the Public Interest Interactive website with games, recipes, and fast facts for teens

http://www.cspinet.org/smartmouth/recipes_articles/index.html

kp.org