



WEBSITES THAT PROMOTE HEALTH

www.letsmove.gov/parentsmain

Helpful information and steps parents can take to help build healthy habits for life

www.bam.gov

"Body & Mind" CDC website for teenagers

www.CalGovCouncil.org

California Governor's Council on Physical Activity & Sports, offers Governor's Challenge and Teen Pass to 24 Hour Fitness

www.calorieking.com/foods/

Calorie King website, gives calorie counts for restaurant/fast foods

www.channelone.com/life/specials/health/

#Channel One's Health Guide for Teens

Channel One & Alliance for Healthier Generations online resources

www.dole.com/#/superkids

Site for kids, parents & teachers promoting fruits & vegetables

www.empowerme2b.org/

For tweens and teens from the Alliance for a Healthier Generation

www.kidnetic.com

Nutrition & activity information for preteens & teens from International Food Information Council Foundation

www.kidshealth.com

The Nemours Foundation, health information for children & teens

www.kidsrunning.com

From Runners World Magazine

www.mypyramid.gov/kids/kids_game.html

"My Pyramid" Blastoff Game

www.playnormous.com/

Health Games for children

www.OurCommunityOurKids.org

The San Diego County Childhood Obesity Initiative online resources

