

# FREE AND LOW COST PHYSICAL ACTIVITY RESOURCES

The Network for a Healthy California—San Diego and Imperial Region as a Physical Activity Program offers technical support and great physical activity resources for FREE!  
Contact Larissa Johnson for more information  
lrjohnso@ucsd.edu or 619-681-0676



## ACTIVITIES WITH YOUTH

**American Council on Exercise (ACE);** ACE is a non-profit fitness certification and Education provider. The website contains a wealth of information along with downloadable "Fit Facts" to promote physical activity in any setting. <http://www.acefitness.org>

**Bam! Body and Mind;** This kid-friendly website is sponsored by the Centers for Disease Control (CDC). It features a physical activity section with free activity cards explaining a variety of sports and games. <http://www.bam.gov>

**California Center for Physical Activity;** This organization works to create opportunities for everyday activity by connecting partners to active living resources. Downloadable resources available: <http://www.caphysicalactivity.org>

**California Governor's Council on Physical Fitness and Sports;** Provides information on physical activity resources and information in California. <http://www.activeca.org>

**CANFIT (California Adolescent Nutrition and Fitness Program);** Statewide non-profit organization offering free nutrition and physical activity resources are downloadable. <http://www.canfit.org>

**CATCH Kid's Club Nutrition;** Coordinated Approach to Child Health brings schools, families, and communities together to teach children how to be healthy for a lifetime. <http://www.catchinfo.org>

**ESPN Play Your Way Program;** This site features kid-created games and innovative low-cost equipment ideas. Provides all the tools necessary to create a own "Play Your Way" club. <http://disney.go.com/playyourway/index.html>

**Get up and Do Something;** From the Delaware Health and Human Services Department, this website offers hundreds of tips on how to "Get Up and Do Something" . <http://www.getupanddosomething.org>

**North Carolina ENERGIZERS;** Provides information on inclusive activities, activities for limited English proficient students, and a wide variety of short (about 10 minute) activities <http://www.ncpe4me.com/energizers.html>

**PE Central;** 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. <http://www.pecentral.org>

**Recharge! Energizing After-school;** Action for Healthy Kids in partnership with the National Football League, developed ReCharge! Energizing After-school, a program that integrates nutrition and physical activity through teamwork-based strategies. <http://www.actionforhealthykids.org/Recharge/index.php>

**San Diego County Office of Education- After School Physical Activity;** this website has a large variety of free physical activity ideas specifically for after school programs. <http://www.afterschoolpa.com>

**SPARK (Sports, Play and Active Recreation for Kids);** Offers a free newsletter with teacher tips, conference calendars and grant information. <http://www.sparkpe.org>

**Sports 4 Kids;** The Class Game Time Handbook section of this website has downloadable physical activity curricula, games and activities. [http://www.sports4kids.org/index.php?option=com\\_content&task=view&id=83&Itemid=67](http://www.sports4kids.org/index.php?option=com_content&task=view&id=83&Itemid=67)

**VERB- Youth Media Campaign;** This CDC-sponsored website includes tween and parent sites in addition to downloadable materials <http://www.cdc.gov/youthcampaign/index.htm>

## ACTIVITIES FOR ORGANIZATIONS AND ADULTS

**America on the Move;** Take simple steps to be more physically active and eat more healthfully. America on the move is a community-wide program developed to promote increased physical activity. <http://www.americanonthemove.org>

**American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD);** AAHPERD supports & assists those involved in physical education, leisure, dance, health promotion, and education and all specialties related to achieving a healthy lifestyle. <http://www.aahperd.org>

**American College of Sports Medicine (ACSM);** ACSM is the largest sports medicine and exercise science organization in the world. The website offers current education, research and news for the health industry. <http://www.acsm.org>

**American Heart Association;** There are two adult programs to choose from, "Choose to Move" and "Start!" which is a walking program and youth programs as well, such as "Jump for Heart" and "Hoops for Heart". The programs do not cost anything but participants are encouraged to sign up for fundraisers. <http://www.heart.org/presenter.jhtml?identifier=3040778>

**CA Center for Physical Activity;** Creates opportunities for everyday activity by connecting partners to active living resources and helping develop more walkable and bikeable communities. <http://www.caphysicalactivity.org/>

**CDC's Division of Nutrition & Physical Activity;** This website contains resources, tools, & descriptions of CDC sponsored nutrition and physical activity promotion programs. <http://www.cdc.gov/nccddp/dnpa/>

**Dairy Council of California: Deal Me in...food and fitness;** A Self contained program that provides fun, hands-on, engaging ways to introduce and reinforce healthy eating and physical activity. [http://www.dairycouncilofca.org/ED\\_ProgramsDML.aspx](http://www.dairycouncilofca.org/ED_ProgramsDML.aspx)

**Greater San Diego Recreation and Parks Coalition;** Parks and recreation centers are a great place to go play and get fit. This site offers information on 14 different parks and recreation agencies throughout San Diego country. <http://www.goplaygetfit.com>

**Healthy People 2010;** Healthy People 2010 challenges individuals, communities, and professionals—indeed, all of us— to take specific steps to ensure that good health, as well as long life, are enjoyed by all. <http://www.healthypeople.gov/>

**National Association for Health and Fitness (NAHF);** The National Association for Health and Fitness (NAHF) is a non-profit organization that exists to improve the quality of life for individuals in the United States through the promotion of physical fitness, sports and healthy lifestyles. NAHF accomplishes this work by fostering and supporting Governor's and State Councils and coalitions that promote and encourages regular physical activity. <http://www.physicalfitness.org/>

**National Coalition for Promoting PA;** NCPPA is a national network of public, private, and industry organizations seeking to increase physical activity in America through physical fitness, sports, physical education, and worksite health promotion. Website contains "key facts" about physical activity, links and information for coalition member organizations, and instructions for joining the e-newsletter. <http://www.ncppa.org/>

**Network for a Healthy California;** Find out how the California Department of Public Health integrated physical activity promotion into a series of nutrition education campaigns and programs. <http://www.dhs.ca.gov/ps/cdic/cpns/> and <http://cachampionsforchange.net/en/index.php>

**President's Council on Physical Fitness & Sports;** The President's Council on Physical Fitness and Sports (PCPFS) serves as a catalyst to promote, encourage, and motivate the development of physical fitness and sports participation for all Americans of all ages. This site offers many downloadable research-based publications for youth and adults. <http://www.fitness.gov>

**Thera-band Academy;** Thera-band is a particular trademarked form of the Dyna-band. If you are interested in bringing more exercises to your community using the Dyna-band, this site has tons of free workouts you can choose from. [http://thera-bandacademy.com/exercises/showRoutinelist\\_CatTable.asp?cat=body+part](http://thera-bandacademy.com/exercises/showRoutinelist_CatTable.asp?cat=body+part)

**We Can!;** A one-stop resource for parents and caregivers. Providing tools with a focus in three critical behavior areas: improved food choices, increased physical activity, and reduced screen time. <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/get-involved/>

**Wilderdome Store;** Interested in icebreakers and activities for adults in corporate settings and relaxed meetings? Then this site has a plethora of ideas for you. <http://wilderdom.com/games/icebreakers.html>

**Wisconsin Department of Health and Family Services;** The state of Wisconsin created a database of national physical activity resources that are available on the internet. All topics are listed by alphabetical order. <http://dhfs.wisconsin.gov/health/physicalactivity/alphalist.htm>

