

Go, Get Active!

Casa Familiar

*fitness center · youth basketball ·
dance classes*

 119 West Hall Ave · San Ysidro


 (619) 428-1115

 \$0 - \$5

Len Moore Chula Vista Skate Park

 1301 Oleander Ave · Chula Vista


 (619) 421-4011 · ext. 12

 \$25 annual membership

South Bay Family YMCA

*youth sports leagues · pool ·
gymnastics · dance · martial arts*


 1201 Paseo Magda · Chula Vista

 (619) 421-8805

 Financial assistance available

Cood Indoor Soccer League Club

 Only March through June

 (619) 691-5084

 \$35

After School Tennis Lessons

 Terra Nova & MacKenzie Creek
Parks

 (619) 691-5140

 \$30

Helpful Websites



For Adults:

www.ccwsd.net

Coalition on Children & Weight, San Diego
Parent and educator tips, worksheets, coloring
books, and posters for families.

www.sd5aday.org

San Diego Regional 5-a-Day offers tips on how
to eat more fruits and veggies.

www.211sandiego.org

211 San Diego can be used to help search for
community resources.

For Kids:

www.mypyramid.gov

Nutrition 'Blastoff' Game is a fun way to learn
how to make smart food choices.

www.verbnw.com

An educational site that uses games to teach
kids how to play hard, be creative and have fun!

www.bam.gov

A fun interactive site to teach kids about nutrition,
physical activity, and many other health issues.

**Look for the *Healthy Kids Menu* at
your favorite eateries!**



To request additional copies of this guide, contact:

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Nutrition & Physical Activity Resource Guide for Chula Vista



*Fun and Low-cost
Ways to Get Your
Family to Eat Better
and
Be More Active*



Healthy Eating Active Communities
an initiative of The California Endowment

Simple tips: Help your family eat better and be more active

- Drink low or non-fat milk instead of whole milk - you'll get all the nutrients without the fat!
- Be a role model - eat fruits and veggies with every meal
- Don't reward kids with food for good behavior, nor withhold food as a punishment



- Get the whole family involved in physical activity plan a weekend outing to the beach or park

- Limit TV and video games to 1 hour of play

per day- Encourage active games like dancing to music, hide-n-seek, freeze tag, hula hoop or jump rope

- Limit eating at fast food restaurants to once a week; Many fast foods have a lot of salt, fat, and calories. Avoid super-sizing!
- Remember, small steps count! Park a little further from the grocery store, pick one day a week to walk your child to and from school, keep junk foods out of the house, offer lean baked or grilled meats like chicken, fish, or turkey.

Nutrition Education

San Ysidro Health Center

*English & Spanish ·
4004 Beyer Blvd San Ysidro*

Casita de Salud

Health Education classes, support groups and medical screening services .



Nancy Romero: 619-428-4463 x 5056

Salsita

Nutrition counseling.



Members: Co-payments apply

619-428-4463 x 5055

or visit www.shyc.org

Scripps Hospital Chula Vista

*Adults only · Spanish & English. ·
311 Del Mar Ave Chula Vista*

Diabetes Management & Support

Members:\$0 Non-Members:\$0



Connie Carreon: 619-691-7273 or visit www.scrippshealth.org

Kaiser Permanente

English and Spanish · Locations vary

Family or Teen Healthy Eating Classes.

Age-appropriate healthy eating.

Members: \$0 Non-Members: \$20



619-589-3237 or visit

www.kaiserpermanente.org

Physical Activity

Chula Vista Recreation Centers

Fun to Be Fit

Free & low-cost programs.

Victoria: 619-691-5266 or walk-in to center between 2pm-7pm, M-F

Center	Address	Phone
Chula Vista Community Youth Center	465 L St. Chula Vista 91911	(619) 691-5276
Center Heritage Park Community Center	1381 E.Palomar Chula Vista 91913	(619) 421-7032
Loma Verde Recreation Center & Pool	1420 Loma Ln. Chula Vista 91911	REC: (619) 691-5082 POOL: (619) 691-5081
Otay Recreation Center	3554 Main St. Chula Vista 91911	(619) 476-5325
Parkway Community Center	373 Park Way Chula Vista 91910	(619) 691-5083
Veteren's Park Recreation Center	785 E Palomar Chula Vista 91911	(619) 691-5260