



# WEBSITES THAT PROMOTE HEALTH

[www.letsmove.gov/parentsmain](http://www.letsmove.gov/parentsmain)

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

[www.bam.gov](http://www.bam.gov)

*"Body & Mind" CDC website for teenagers*

[www.CalGovCouncil.org](http://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/](http://www.calorieking.com/foods/)

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

[www.channelone.com/life/specials/health/](http://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](http://www.dole.com/#/superkids)

*Site for kids, parents & teachers promoting fruits & vegetables*

[www.empowerme2b.org/](http://www.empowerme2b.org/)

*For tweens and teens from the Alliance for a Healthier Generation*

[www.kidnetic.com](http://www.kidnetic.com)

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

[www.kidshealth.com](http://www.kidshealth.com)

*The Nemours Foundation, health information for children & teens*

[www.kidsrunning.com](http://www.kidsrunning.com)

*From Runners World Magazine*

[www.mypyramid.gov/kids/kids\\_game.html](http://www.mypyramid.gov/kids/kids_game.html)

*"My Pyramid" Blastoff Game*

[www.playnormous.com/](http://www.playnormous.com/)

*Health Games for children*

[www.OurCommunityOurKids.org](http://www.OurCommunityOurKids.org)

*The San Diego County Childhood Obesity Initiative online resources*

