

Health Kids Hotlist
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<http://www.fitteen.com>

site geared towards (pre)teens- not bad- kinda busy, but some good ideas, and all focused on healthy habits

<http://www.healthyeating.net>

a comprehensive site- for the whole family- a little difficult to navigate, but good ideas, articles, and links

<http://www.gofor2and5.com.au/easy2and5.asp> :

good site for recipes to encourage eating at least 2 servings of fruit, and 5 servings of veggies each day

<http://healthyfridge.org/>

a good easy site- geared towards the whole family, but has kid specific icon- recipes, a few games- obviously focused on how to eat healthy

http://kidshealth.org/kid/stay_healthy/

great site- totally kid friendly- all about how to take care of your body, eating healthy, staying fit

<http://www.actionforhealthykids.org:>

not for kids- for adults/teachers- resources and info- a non-profit organization dedicated to address obesity in children- their mission statement:

- Improving children's eating habits by increasing access to nutritious foods and beverages throughout the school campus and by integrating nutrition education into the curriculum.
- Increasing children's physical activity by adding or maintaining physical education courses and recess, and promoting after-school and co-curricular programs.
- Educating administrators, teachers, children, and parents about how nutrition and physical activity impact children's health and academic achievement.

<http://www.kidshealth.org>: home page for healthy kids (above)

<http://www.hkresources.org>

The California Healthy Kids Resource Center provides education materials for free loan to teachers, professionals, and community members

<http://www.kidshealthandfitness.org.au/>

Information about nutrition and physical activity for kids and teachers

http://www.cdc.gov/nccdphp/dnpa/tips/healthy_children.htm

CDC web site article- tips for parents

http://www.aahperd.org/naspe/template.cfm?template=pr_121002.html

article from National Association for Sport & Physical Education- how studies show that kids perform better in school...

<http://www.americanheart.org/>

American Heart Association web site, and link to "just move" has many other links and articles, and I found it very helpful- additionally, each Spring they do a campaign in schools- I can't recall the actual name, but it is jump rope for good health- or something along those lines, and they come and talk, and give resources, and encourage an all-day jump rope activity- which is fun for the whole school- worth looking into....