

California 5 a Day

Be Active Resource Directory

MARIN COUNTY



Welcome to the Marin County Be Active Resource Directory!

It is our hope that this directory will prove to be a valuable tool for professionals, families and others who are dedicated to promoting health and wellness for adults, youth and children. Included in this directory are descriptions of organizations that offer a wide variety of services and information for physical activity and nutrition. The agencies and resources listed are available to help you search for information. Call them. Ask them questions. Most of the community resources listed here are specific to physical activity; however, some provide other community services.

The agencies and resources are listed:

- By geographic location
- By organization with contact and cost information (in most cases)
- By type of activity
- Sections for Nutrition and Internet Resources are included

This resource directory was developed to help health professionals make appropriate physical activity and nutrition referrals for their clients. This directory is designed to be a gateway to information and is part of our ongoing effort to share key information to facilitate physical activity program participation and development. Although it does not list every physical activity resource that exists, it will help you get started.

Communities throughout the Bay Area are experimenting with innovative ways to support adults and youth in making healthier choices, becoming more physically active, and having access to food assistance programs. The Bay Area Region Nutrition Network administers projects that conduct health and nutrition outreach on the local level and strives for community-wide changes in the way Bay Area residents approach nutrition and physical activity. In keeping with the guidelines established with the USDA, our programs target low-income women and their children. It is our hope that this Directory will help move us toward our shared vision of Bay Area communities that have access to resources, eat healthy foods and lead physically active lives.

Acknowledgements

Special thanks to the Marin County Department of Health and Human Services and all contributing individuals and organizations for providing physical activity and nutrition resource information used in this directory.

This listing is in no way intended to be all-inclusive. It is a partial list of local physical activity programs and resources available to help individuals or families with an immediate need for food or those needing supplemental food from various programs. It is funded by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network for Healthy, Active Families. For information on the California Food Stamp Program, call (800) 952-5253.

No agency or resource listed in the directory pays for its listing. All information has been provided by the individual agency or resource and its listing here does not imply endorsement by the California Department of Health Services, Cancer Prevention and Nutrition Section, or any of its directors or sponsors.

California 5 a Day

Be Active Resource Directory

MARIN COUNTY

Physical Activity Resources

Nutrition Resources

Internet Resources

Physical Activity Resources



Physical Activity Resources Marin County

Selected Physical Activity Resources, Marin County

PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
ANGEL ISLAND			
Angel Island State Park Angel Island, CA 94900 (415) 435-1915 www.angelisland.org	Outdoor Activities State Park		Call
CORTE MADERA			
Bay Club Marin 220 Corte Madera Town Center Corte Madera, CA (415) 945-3000 www.bayclubmarin.com	Exercise 25 yd. indoor swimming pool, group exercise studios, squash courts, basketball gym, stretch room, pilates studio, yoga, cycling, cardio, strength training, free weight center, nutrition services, day spa, steam rooms, saunas, conference rooms, childcare	Adult	Call
Center For Sports Medicine 770 Tamalpais Dr. Corte Madera, CA (415) 927-1900 Corte Madera Town Center	Exercise	All	Call
Corte Madera Parks & Recreation 498 Tamalpais Dr. Corte Madera, CA 94925 (415) 927-5072 www.ci.corte-madera.ca.us/recreation_dept/index.html	Variety	All	Call
Gold's Gym Corporate Offices 101 Nellen Ave. Corte Madera, CA (415) 927-4653	Exercise		Call
Gold's Gym-Marin 10 Fifer Ave. Corte Madera, CA (415) 924-4653	Exercise		Call
In Motion Physical Therapy 208 Redwood Ave. Corte Madera, CA (415) 924-7757	Exercise		Call
Pyramid P.O. Box 7077 Corte Madera, CA (415) 927-1240 www.ThePyramidGym.com	Gymnastics Summer camps and birthday parties	Children	Call
Recreate Personal Training 21 Tamal Vista Blvd. Corte Madera, CA (415) 927-0214 Sherwood and Jonathan Cummins	Aerobic conditioning, strength & flexibility training, body sculpting Personal Training, customized routines, private studios, individualized workouts, one room per client & trainer	All, includes older, overweight	Call
The Dailey Method 11 1st St. Corte Madera, CA (415) 927-1133	Exercise		Call
World Gym 5651 Paradise Dr. Corte Madera, CA (415) 927-9494	Exercise		Call

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
FAIRFAX			
Curves 2410 Sir Francis Drake Blvd. Fairfax, CA (415) 451-0111 www.curvesinternational.com	Exercise	Women	Call
Mt. Tam Adventures 39 Wreden Ave. Fairfax, CA 94063 (415) 687-8066 www.mttamadv.com	Outdoor Activities	Individuals, families, and businesses	Call
Women's Fitness Center & Spa 2088 Sir Francis Drake Blvd. Fairfax, CA (415) 485-1770	Exercise		Call
GREENBRAE			
The Bar Method 208 Bon Air Center Greenbrae, CA (415) 461-4461 www.barmethod.com	Exercise		Call
INVERNESS			
Tomales Bay State Park Star Route Inverness, CA 94937 (415) 669-1140 www.parks.ca.gov	Outdoor Activities Coastal area of coves, beaches, marshes, pine forest 40 miles north of Golden Gate Bridge		Call
KENTFIELD			
Kentfield Fitness 941 Sir Francis Drake Blvd. Kentfield, CA (415) 455-8018	Exercise		Call
LAGUNITAS			
Samuel P. Taylor State Park P.O. Box 251 Lagunitas, CA 94938 (415) 488-9897 www.parks.ca.gov	Outdoor Activities 2,780 acres of wooded countryside with steep rolling hills, redwood groves and open grasslands		Call
LARKSPUR			
24 Hour Fitness 1001 Larkspur Landing Cir. Larkspur, CA (415) 925-0333	Exercise	Adult	Call
Barefoot and Pregnant 1165 Magnolia Ave. Larkspur, CA (415) 388-1777 www.barefootandpregnant.com	Exercise Exercise, education & spas	Maternity women	Call
Curves 556 Magnolia Ave. Larkspur, CA (415) 927-0901 www.curvesinternational.com	Exercise	Women	Call
Larkspur Recreation Department 400 Magnolia Ave. Larkspur, CA 94939 (415) 927-5110 www.ci.larkspur.ca.us/205.html	Outdoor Activities	All age groups	Call

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
PT Metrics 80 E Sir Francis Drake Blvd. Larkspur, CA (415) 925-9025	Exercise		Call
MILL VALLEY			
Body Balance Mill Valley 158 E. Blithedale Ave. Mill Valley, CA (415) 388-0808	Exercise	Adult	Call
Body Image Personal Fitness Training 23 Reed Blvd. Mill Valley, CA (415) 388-1736	Exercise	Adult	Call
California Alpine Club P.O. Box 2180 Mill Valley, CA 94942-2180 (415) 388-9940 www.calalpine.org	Outdoor Activities Outdoor organization for exploration, hiking, various outdoor activities		Call
Curves 721A E. Blithedale Ave. Mill Valley, CA (415) 383-2376 www.curvesinternational.com	Exercise	Women	Call
Endurance 12 Madrona St. Mill Valley, CA (415) 380-9629	Exercise	Adults	Call
Fit First Pilates 21 Tamal Vista 162 Mill Valley, CA (415) 458-4477 www.fitfirstpilates.com	Exercise	Adults	Call
Homestead Valley Community Assoc. 315 Montford Ave. Mill Valley, CA 94941 (415) 388-0137 www.hvca-marin.org	Outdoor Activities Community association center with swimming pool, recreation, classes		Call
Just Playgrounds 37 Valley Cir. Mill Valley, CA 94941 (415) 380-8823 www.justplaygrounds.com	Outdoor Activities Guide to playgrounds in Marin	Children and families	Call
Mill Valley Community Center 180 Camino Alto Mill Valley, CA (415) 383-1370 www.MillValleyCenter.org	Exercise Complete workout facility, personal trainers, indoor pool & spa, aerobics & body sculpt classes, yoga, water aerobics, childcare,	Adults	pay per visit, annual passes available
Mill Valley Parks & Recreation P.O. Box 1029 Mill Valley, CA 94942 (415) 383-1370 www.cityofmillvalley.org/parks-events.html	Outdoor Activities Classes, activities and special seasonal events year round	All	Call
Mill Valley Physical Therapy & Sports Rehabilitation 619 E. Blithedale Ave. Mill Valley, CA (415) 388-5223 www.milvalleypt.com Rodney Heschant, P.T.	Training and Rehabilitation Sports injuries; neck, back, and spine care; prevention and education; gym with therapeutic exercises; massage, pilates, personal trainers, swimming and exercise	Adults	Call

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Mount Tamalpais State Park 801 Panoramic Hwy. Mill Valley, CA 94941 (415) 388-2070 www.parks.ca.gov/default.ap?page_id=471	Outdoor Activities Over 6 thousand acres of redwood and oak woodlands, 2,571 ft above sea level peak.		Call
Roco Dance & Fitness 237 Shoreline Hwy. Mill Valley, CA 94941 (415) 388-6786 www.rocodance.com	Dancing Cardio, step, spin, yoga, pilates, sculpt, hip hop, modern, jazz, ballet, afro-brazilian, childcare, showers, clothes		Call
Slim and Tone 247 Shoreline Hwy. Mill Valley, CA (415) 389-8011 www.slimandtonemillvalley.com	Exercise		Call
Straight And Narrow Pilates 159 E Blithedale Ave. Mill Valley, CA (415) 388-1550	Exercise		Call
Strawberry Aerobics 118 E Strawberry Dr. Mill Valley, CA (415) 383-6494	Exercise		Call
Strawberry Recreation District 118 E. Strawberry Dr. Mill Valley, CA 94941 (415) 383-6494 www.strawberry.marin.org	Variety District owned ball fields, tennis courts, aquatics facility, gymnasium, small parks, pathways	Adults and children	Call
Tam Twirlers Mill Valley Masonic Center Mill Valley, CA 94941 www.tamtwirlers.org	Dancing Square dancing club	Teens to seniors	Call
The Elaine Belle Alexander Technique 415 Wellesley Ave. Mill Valley, CA (415) 383-5640	Exercise		Call
Ultimate Fitness 457 Miller Ave. Mill Valley, CA (415) 380-8033	Exercise 20-minute workout, one-on-one slow motion strength training, certified trainer, pilates-private sessions, spinning, pilates, body sculpt, state of the art equipment. BY APPOINTMENT ONLY		Call
NOVATO			
Body & Energy 7075 Redwood Blvd. Novato, CA (415) 892-9445	Exercise	Adult	Call
Cal-Star Gymnastics 70 Digital Drive Novato, CA (415) 382-7827 www.calstargymnastics.com	Gymnastics Classes and parties	General Public	Call
City of Novato Parks, Recreation & Community Services 75 Rowland Way, #200 Novato, CA 94945 (415) 899-8200 www.ci.novato.ca.us/prcs	Variety Variety of activities and programs	Children, teens, adults	Call
College of Marin 1800 Ignacio Blvd. Novato, CA 94949 (415) 883-2211	Swimming M-Th: 11-1:30	Adult	\$3/visit

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Curves 123 San Marin Dr. Novato, CA (415) 892-9377 www.curvesinternational.com	Exercise	Women	Call
Curves 442 Ignacio Blvd. Novato, CA (415) 883-3075 www.curvesinternational.com	Exercise	Women	Call
Fitwize 4 Kids 4 Commercial Blvd., Suite 9 Novato, CA 94949 (877) FITWIZE www.fitwize4kids.com	Fitness facilities, activities, and health oriented programs for children	Children	Cost varies
Healthworks Total Fitness 487 Entrada Dr. Novato, CA (415) 883-9353 www.healthworks.com	Exercise State of the Art equipment, cardiovascular, aerobics, yoga, pilates, personal training, weight management program, massage, Sports shop, child care		Call
Marin Fitness 2025 Novato Blvd. Novato, CA (415) 892-5688	Exercise		Call
Meridian's Rolling Hills Club 351 San Andreas Dr. Novato, CA (415) 897-2185 meridiansportsclubs.com	Exercise 12 tennis courts, 2 heated pools, fitness center, yoga/pilates, kids club, day spa, personal trainers, exercise classes		Call
Novato Back Care & Sports Physical Therapy 165 Rowland Way, St. 101 Novato, CA (415) 898-0311 www.novatobacare.com	Exercise Peak Sports Performance coaching, golf. Triathlon, cycling, running, etc. program design and monitoring; Pilates classes		Call
Novato Gymnastics 950 7th St. Novato, CA (415) 209-9595	Gymnastics Gymnastics classes		Call
Novato Physical Therapy Center 1555 Grant Ave. Novato, CA (415) 892-7880 www.novatoptc.com WM. C. McDill, P.T., CSCS Kathi McDill, P.T.	Exercise Program designs for individual fitness goals		Call
Olompali State Historic Park P.O. Box 1016 Novato, CA 94948 (415) 892-3383 www.parks.ca.gov	Outdoor Activities Park overlooking Petaluma River and San Pablo Bay, 1,558 slopes of Mt. Burdell		Call
POINT REYES			
Point Reyes Field Seminars Point Reyes National Seashore Point Reyes, CA 94956 (415) 663-1200 www.ptreyes.org	Outdoor Activities Adventure style learning natural history, birding, photography for individuals and families in Pt. Reyes Seashore	Individuals and families	Call

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Access4Bikes of Marin P.O. Box 526 Pt. Reyes, CA 94956 (415) 215-7092 www.Access4Bikes.com	Mountain Bike riding Organization that works with the mountain bike community and land managers to gain equal access to trails in Marin County	All	Call
West Marin Fitness 65 3rd St. Pt. Reyes, CA (415) 663-1762	Exercise		Call
The Dance Palace Community Center P O Box 217/Corner of 5th & B St. Pt Reyes Station, CA 94956 (415) 663-1075 www.dancepalace.org	Variety Non-profit center with various activities	Children, adults, seniors	Call
ROSS			
Pixie Park P.O. Box 437 Ross, CA 94957 www.pisepark.org	Outdoor Activities Volunteer-run playground for children	Age 6 and under	Call
SAN ANSELMO			
D & C L Rubbo Martial Arts 1324 San Anselmo Ave. San Anselmo, CA (415) 456-9095	Martial Art		Call
Elan Fitness Center 230 Greenfield Ave. San Anselmo, CA (415) 485-1945	Exercise		Call
Just For Kids! San Anselmo, CA (415) 453-8886 Bob Mellin, Dir. Childobesity@aol.com	Exercise School-based obesity prevention program	children	Call
San Anselmo Parks & Recreation Department 525 San Anselmo Ave. San Anselmo, CA 94960 (415) 258-4640 www.townofsananselmo.org/parks	Outdoor Activities		Call
SAN RAFAEL			
A Gymworld 555 E. Francisco Blvd. San Rafael, CA 94901 (415) 482-8580	Gymnastics Academy of gymnastics, group and private classes, beginner to competitive	16 mos. & up	Call
China Camp State Park Route 1, Box 244 San Rafael, CA 94901 (415) 456-0766 www.cal-parks.ca.gov	Outdoor Activities Wildlife-watching, hiking, swimming, boating windsurfing.		Call
Class 5 Climbing & Fitness 25-B Dodie St. San Rafael, CA (415) 485-6931 www.touchstoneclimbing.com	Exercise Climbing gym, cardio and yoga	Adults and children 4 years old up	Call
Curves 555 E. Francisco Blvd., Ste. 17 San Rafael, CA (415) 485-0400 www.curvesinternational.com	Exercise	Women	Call
Fitness Boutique 33 Mary San Rafael, CA (415) 482-9120	Exercise		Call

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Marin Community Services District 775 Miller Creek Rd. San Rafael, CA 94903-1323 (415) 479-0775 www.marinwood.org	Variety Various community service activities	Children, teens, adults, seniors	Call
Marin County Dart Association P.O. Box 150796 San Rafael, CA 94951 web: www.cyberdarts.com/mcda email: marindarts@excite.com	Dart Throwing Steel tip dart league for all skill levels		Call
Marin County Parks District 3501 Civic Center Dr., Room 415 San Rafael, CA 94903 (415) 499-6387 www.marincountyparks.org	Outdoor Activities Various: golf, swimming, boating, beaches		Call
Marin Elite Gymnastics Academy-Mega 72 Woodland Ave. San Rafael, CA (415) 257-6342 www.megagymnastics.com	Gymnastics Gymnastics classes, specilized preschool program, birthday parties, summer camps, Olympic Training Facility, Boys and Girls competitive teams	Age 2 - adult	Call
Marin YMCA 1500 Los Gamos Dr. San Rafael, CA 94903 (415) 492-9622 www.ymcasf.org/Marin	Variety		Call
Meridian Sports Club 1299 4th St., Ste. 100 San Rafael, CA (415) 559-8668 meridiansportsclubs.com	Exercise Cybex & free weight equipment, sauna, steam room, persona trainers, Dance-Argentine Tango: African Dance Classes, yoga, boxing, physical therapy		Call
Pacific Valley Taekwondo Inc 655 Del Ganado Rd. San Rafael, CA (415) 472-2788	Martial Art		Call
Prestige Fitness 1925 Francisco Blvd. San Rafael, CA (415) 457-3040	Exercise		Call
Proctor's Fitness Center 2400 Las Gallinas Ave. San Rafael, CA (415) 492-1664	Exercise		Call
San Rafael Gymnastics Club 129 Carlos Dr. San Rafael, CA 94903 (415) 491-1290	Gymnastics Classes, competitive teams, cheerleading, birthday parties	Boys & Girls all ages and abilities	Call
San Rafael Recreation 618 B St. San Rafael, CA 94901 (415) 485-3333 www.cityofsanrafael.org/cs/recreation.htm	Variety Variety: fitness classes, volleyball, basketball softball, tennis		Call
The Osher Marin JCC 200 N. San Pedro Rd. San Rafael, CA (415) 444-8000	Exercise Year-round Health Club with indoor/outdoor pools, over 50 exercise classes, sauna/steam rooms		Call
Trips for Kids 610 4th St. San Rafael, CA 94901 (415) 458-2986 www.tripsforkids.org	Mountain Biking Non-profit offering mountain bike outings, and program to provide mountain biking experience to Low income youth.	Youth	Call

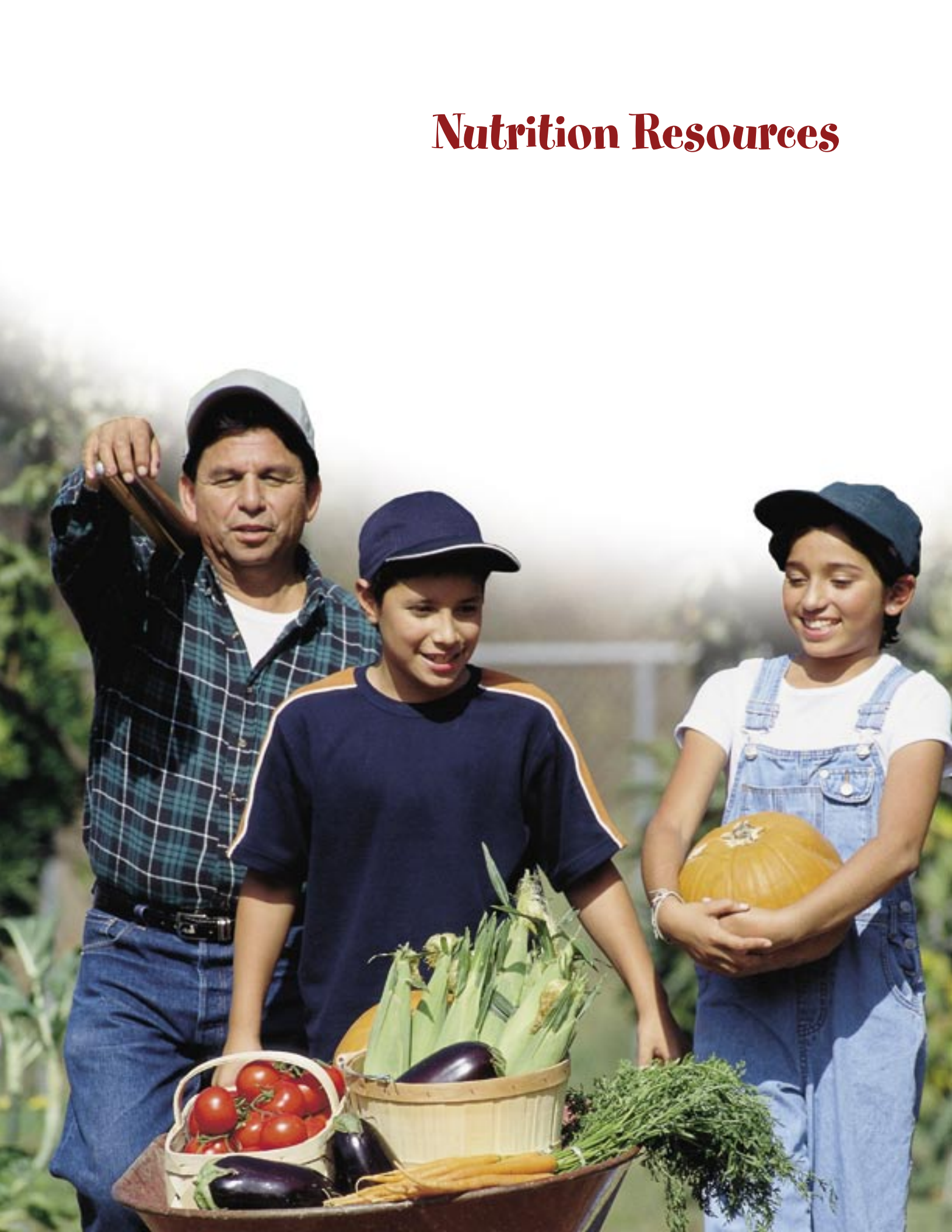
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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
SAUSALITO			
Nautilus of Marin 3020 Bridgeway Sausalito, CA (415) 331-3020	Fitness	Adults	Call
Sausalito Parks & Recreation 420 Litho Dr. Sausalito, CA 94965 (415) 289-4100 www.ci.sausalito.ca.us/business/park-rec/index.htm	Outdoor Activities	All ages	Call
STINSON BEACH			
Stinson Beach Community Center 32 Belvedere St. Stinson Beach, CA 94970 (415) 868-1444 www.stinsonbeachonline.com/comctr.html	Outdoor Activities-Event List Community website with calendar of events useful for physical activity information for visitors.	All ages	Call
Stinson Beach Health Club 3605 State Route No 1 Stinson Beach, CA (415) 868-8801	Exercise		Call
TERRA LINDA			
Curves 3680 Northgate Dr. Terra Linda, CA (415) 472-2878 www.curvesinternational.com	Exercise	Women	Call
TIBURON			
Belvedere-Tiburon Recreation 1505 Tiburon Blvd, Ste. A Tiburon, CA 94920 (415) 435-4355 www.marin.org/comres/recreation.cfm	Variety Camps: Camp Miwok, Paradise Park Camp, Angel Island Discover Camp, Angel Island Adventure Camp	Children age3-12	Call
Curves 1600 Juanita Ln. Tiburon, CA (415) 435-1744 www.curvesinternational.com	Exercise	Women	Call
Figures 6100 Redwood Blvd. Tiburon, CA (415) 209-0404	Exercise		Call
Fitness In Tiburon 1751 Tiburon Blvd. Tiburon, CA (415) 435-0694	Exercise		Call
Five Points Fitness 1 Blackfield Dr. Cove Shopping Center Tiburon, CA 94920 (415) 381-5553 www.fivepointsfitness.net	Exercise Strength, Endurance, stability, flexibility, nutrition, full five point fitness assessment		Call
MISCELLANEOUS			
Aquatic Therapy Associates www.aquatictherapy.org	Water Exercise		Call
Bay Marin Akido 1345 Via Sessi (415) 455-0971	Martial Art	All	Call
Bodies Mind (415) 380-8660 www.bodiesmind.com	Exercise	Adult	Call

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PROGRAM/ ORGANIZATION	TYPE OF ACTIVITY/ DESCRIPTION	TARGET POPULATION	COST
Club One (800) 258-2663	Exercise	Adult	Call
Club One At Auto Desk (415) 507-1010	Exercise	Adult	Call
Exertools (415) 883-1678	Exercise		Call
Form Body Studio (415) 457-3676 www.formbodystudio.com	Exercise		Call
GGNRA Camping & Lodging www.gorp.com/gorp/resources/us_nra/ca/ calprac-gg.htm	Outdoor Activities Hiking, group camping in Marin Headlands. Reservations required for hostels and campsites.		Call
Life Lift (415) 332-8746	Exercise		Call
Marin County Parks (Park List) (415) 499-6387 http://www.co.marin.ca.us/depts/pk/main/ pos/parklist.cfm	Trails, picnic areas, hiking, boating, playgrounds, etc.	All ages	
Marin Rose Society web: www.marinrose.org email: gail@marinrose.org	Rose Care-outdoor activity Rose culture society		Call
Outdoor Action Fitness (415) 289-1367	Outdoor Activities		Call

Nutrition Resources



Nutrition Resources Marin County

Selected Food Resources, Marin County

PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
Marin County Department of Health and Human Services, Marin County Nutrition and Wellness Program	Nutrition Advisory Board of Marin 899 Northgate Dr., Suite 415 San Rafael, CA (415) 499-7059 Contact: Linda Armstrong, R.D., M.S. larmstrong@co.marin.ca.us	www.comarin.ca.us Social Services General Information, Food Stamps
Marin Link	n/a	Search for nutrition and physical activity resources in County of Marin: Marin Link – www.co.marin.us or marin.org
WIC RESOURCES		
WIC Resources	Contact: Emma Arrovayo 361 Third St. San Rafael, CA (415) 499-6889 earrivayo@co.marin.ca.us	Targeting low-income, pregnant breast feeding and post-partum women with infants and their children 5 and under
FARMERS' MARKETS		
Civic Center Farmers Market	Avenue of the Flags San Rafael, CA 94903	n/a
Corte Madera Farmers' Market	Town Center Corte Madera, CA (415) 382-7846	n/a
Downtown San Rafael Farmers' Market	4 th Street Between B Street and Lootens San Rafael, CA 94915 (415) 457-2266	www.sanrafaelmarket.org
Fairfax Farmers' Market	Fairfax Theatre Parking Lot Fairfax, CA (415) 456-3376	marincountyfarmersmarkets.org/Fairfax.htm
Larkspur Landing Farmers Market	Larkspur Landing Larkspur, CA 94939 (415) 382-7846	n/a
Novato Farmers' Market	Sherman and Grant Novato, CA (415) 456-3376	marincountyfarmersmarkets.org/novato.htm
Point Reyes Station Farmers' Market	Toby's Feed Barn – 15479 State Route 1 Point Reyes Station, CA (415) 663-8139	n/a
San Geronimo Valley Farmers' Market	Valley Presbyterian Church San Geronimo, CA (415) 488-4746	n/a
Sausalito Farmers' Market	Ferry Parking Lot Sausalito, CA 94965 (415) 382-7846	n/a
FAMILY SERVICES		
Canal Alliance	91 Larkspur Street San Rafael, CA 94901 (415) 454-2640	http://www.canalalliance.org

Nutrition Resources Marin County

PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
Community Action Marin	29 Mary Street San Rafael, CA 94901 (415) 485-1489 email: cam@camarin.org	www.camarin.org
Community Resource Center of West Marin	60 Fourth Street Point Reyes Station (415) 663-8361	n/a
County of Marin Public Assistance	120 North Redwood Drive – West Wing San Rafael, CA 94903 (415) 473-3400	Hours: 8:00am to 12:00 pm and 1:00 to 4:45 pm (If you are a West Marin resident and would like to apply at the station located at 100 6 th Street, Point Reyes Station, please call the West Marin Center at (415) 663-8271 for more information.)
Salvation Army	351 Mission Street San Rafael, CA 94901 (415) 459-4520	www.salvationarmyusa.org
SENIORS		
Whistlestop (also known as the Marin Senior Coordinating Council)	930 Tamalpais Ave San Rafael, CA 94901 (415) 456-9062 email: info@thewhistlestop.org	www.thewhistlestop.org
SERVICES FOR THE HOMELESS		
Adopt a Family of Marin	1930 Fourth Street San Rafael, CA 94901 (415) 456-7805	www.adoptafamily.org
Coalition of Homeless of Marin	16 Ritter Street San Rafael, CA 94901 (415) 457-7372 x 342	n/a
Homeward Bound of Marin	199 Greenfield Ave. 2 nd Floor San Rafael, CA 94901 (415) 457-2114	http://www.homewardboundofmarin.org
Marin Interfaith Homeless Chaplaincy (CAM)	1113 Second Street San Rafael, CA 94901 (415) 459-6452	www.homelesschaplancy.org
Marin Services	4020 Civic Center Drive San Rafael, CA 94903 (415) 491-2571	www.MarinServices.org
Novato Human Needs Center	1907 Novato Blvd. Novato, CA 94947 (415) 897-4147	www.nhnc.org/English.htm
Open Door Ministries	P.O. Box 595 Sausalito, CA 94965 (415) 332-0201	www.opendoormin.org
Ritter Center	16 Ritter Street San Rafael, CA 94901 (415) 457-8182	www.rittercenter.org
Saint Vincent de Paul Society	P. O. Box 150527 San Rafael, CA 94915 (415) 454-3303	www.vinnies.org

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PROGRAM / ORGANIZATION	CONTACT / LOCATION	WEBSITE / DETAILS
FOOD DISTRIBUTION		
Brown Bag Program Compassion in Action	(415) 883-1302 USDA Food Distribution	Meeting the needs of families whose needs are not met by existing food programs
County of Marin Health and Human Services Nutrition and Wellness Program	555 Northgate Dr. Suite B San Rafael, CA 94903 (415) 499-7059	n/a
Marin Community Food Bank	75 Digital Dr. Novato, CA 94949 (415) 883-1302	info@marinfoodbank.org
Meals of Marin	111 East Francisco Blvd. Suite B San Rafael, CA 94901 (415) 457-4mom	www.mealsofmarin.org

Internet Resources



Internet Resources Marin County

Introduction

The Internet provides access to unlimited amounts of information and a great place to continue nutrition and physical activity research. A good Website contains accurate information from a reliable source and is continuously updated. However, it is always best to be cautious and critical when surfing the web. Please go to www.ca5aday.com for the most recent links to physical activity, nutrition, and food assistance resources.

PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
A to Z Fitness	www.atozfitness.com	A to Z fitness contains more than 1000 verified links to fitness and bodybuilding sites, new training and nutrition articles updated weekly. A free bulletin board monitored by five certified personal trainers to answer any questions.
ABC's of Parenting	www.abcparenting.com	The ABC's of Parenting is part of the ParenthoodWeb.com websites. There are several links from ABC's of Parenting to other subjects, including caring for children, finances, fitness, nutrition and others.
Active Living By Design	www.activelivingbydesign.org	Seeks to increase physical activity by community design
Active.com	www.active.com	Extensive on-line listings of local sports, recreation and events. A great place to find organized athletics in our neighborhood – beyond the common sports.
Aim to Be Healthy	www.aimtobehealthy.com	Awesome health through nutrition and fitness activities.
America on the Move	www.americaonthemove.org	A national initiative dedicated to helping individuals and communities across the nation make positive changes to improve health and quality of life. Offers a walking program with group coordination and logs.
American Academy of Pediatrics	www.aap.org	The organization is dedicated to the health of all children.
American Alliance for Health, P.E. Recreation and Dance (AAHPERD)	www.aahperd.org	Professional Research resource of health and fitness field.
American Cancer Society	www.americancancersociety.org www.cancer.org	The American Cancer Society is an extensive network of services and organizations fighting cancer by providing education and support with resources for survivors, family, friends and professionals.
American Cancer Society	www.cancer.org	For ACS guidelines on diet, nutrition and cancer support
American College of Sports Medicine (ACSM)	www.acsm.org	Professional research resource of health and fitness field.
American Council on Exercise	www.acefitness.org	Professional research resource for health and fitness
American Council on Science and Health	www.acsh.org	Professional research resource for health and fitness

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PROGRAM/ ORGANIZATION	WEBSITE	DESCRIPTION
American Diabetes Association	www.diabetes.org	The American Diabetes Association is the nation's leading nonprofit health organization providing diabetes research, information and advocacy. The mission of the organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes.
American Dietetic Association (ADA)	www.eatright.org	The ADA is the largest organization of food and nutrition professionals in the United States. You can find more in-depth information on any topic by using the site search engine or Find-a-Dietitian (listing of Registered Dietitians across the country).
American Diabetes Association	www.diabetes.org	Resources for the management of diabetes.
American Heart Association	www.americanheart.org	The American Heart Association is a national voluntary health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke.
American Running Association	www.americanrunning.org	Running website.
Animal Trackers	www.healthy-start.com/prog_anim.html	Activities for learning and practicing gross motor skills
Ask the Dietician	www.askthedietician.com	Nutrition information
Bam! Body and Mind	www.bam.gov	Geared for kids and features a physical activity section which includes free activity cards explaining a variety of sports and games
Bay Area Dietetic Association	www.dietitian.org	Nutrition information.
Bicycle Federation	www.bikefed.org	Bicycling website
Bicycle Federation – Pedestrian Issues	www.prowalk.org	Bicycling website
Bodybuilding	www.bodybuilding.com	One of the largest bodybuilding sites online.
California Center for Physical Activity	www.caphysicalactivity.org	The Center creates opportunities for everyday activity by connecting partners to active living resources and helping develop more walkable and bikable communities.
California Child Care Health Program	www.childcare.org	Site offers training curricula for child care providers and reproducible parent handouts. Links to other sites available.
California Department of Health Services, Cancer Prevention and Nutrition Section	www.dhs.ca.gov/ps/cdic/cpns	Learning about the California Nutrition Network and California 5 a Day programs
California Dietetic Association (CDA)	www.dietitian.org	Registered dietitian referral service and a variety of articles for topics of interest available under "Food for Thought".
California Governor's Challenge of Physical Fitness and Sports	http://www.activeca.org	Provides information on physical activity resources and information in California.
California Healthy Kids Resource Center	www.californiahealthykids.org	Healthy Kids Resource Center offers free health instruction materials and links to other useful resources.

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California Nutrition Network for Healthy Active Families	www.dhs.ca.gov\ps\cdic\cpns	The California Nutrition Network is a partnership of over 200 public and private organizations seeking to achieve the goal of healthy eating and increased physical activity. It is the state's largest network of its kind targeted towards limited income consumers to promote positive health behavior change.
California Project Lean	www.californiaprojectlean.org	California Project Lean is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies and community based solutions. CPL's goal is to increase healthy eating and physical activity to reduce obesity.
California Task Force on Youth and Workplace Wellness	www.wellnesstaskforce.org/initiatives.html	Has made a commitment to support the integration of quality physical activity into the lives of every Californian.
CANFIT (California Adolescent Nutrition and Fitness Program)	www.canfit.org	The CANFIT Program's mission is to engage communities and build their capacity to improve nutrition and physical activity status of California's low-income African American, American Indian, Latino, Asian American and Pacific Islander youth 10-14 years old.
Center for Disease Control – Nutrition and Physical Activity	www.cdc.gov/nccdphp/dnpa	Professional research resource of health and fitness field.
Centers for Disease Control and Prevention	www.cdc.gov/nccdphp/dnpa/nutrition.htm	Information about the importance of good nutrition and how to make healthy eating a part of your life
Cool Running	www.coolrunning.com	This site has a kids' page, calendar of events, articles and a cyber mall. Runners and fitness buffs will enjoy browsing.
Dairy Council of California	www.dairycouncilofca.org	This site has information regarding nutrition and dairy products.
Dietary Guidelines for Americans 2005	www.healthierus.gov/dietaryguidelines	Provides dietary guidelines for all individuals.
Early Childhood Development Guide and Activities	www.enfagrow.com	Sponsored by Enfamil, this site offers developmental and nutrition information for parents and caregivers as well as age appropriate activities.
Early Childhood Education Web Guide	www.ecewebguide.com	This site provides childcare professionals with the most up-to-date internet resources. Great site with loads of information.
Eat Smart. Play Hard	www.fns.usda.gov/eatsmart-playhard	Increasing access to nutrition and physical activity resources.
ERIC EECE	www.ericps.ed.uicu.edu/eece/ed2link.html	Clearinghouse of elementary and Early childhood Education. This site links to a huge variety of educational resources.
ESPN Play Your Way Program	http://disney.go.com/playyourway/index.html	Youth fitness initiative that empowers kids ages 7 to 12 to get fit and remain physically active. Play your way encourages youth to develop games that can be played with traditional and non-traditional materials.
Exercise for Children	www.nlm.nih.gov/medlineplus/exerciseforchildren.html	Professional research resource of health and fitness field.

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Exercise for Seniors	www.nlm.nih.gov/medlineplus/exerciseforseniors.html	Professional research resource of health and fitness field.
Exercise for Women	www.4woman.gov/faq/exercise/htm	National Women's Health Information Center website
EZYHealth	www.ezyhealth.com	Health Information, medicine, doctors, health products, lifestyle tips, health beauty and dieting tips for parents.
FDA Kids Home Page	www.fda.gov/oc/opacom/kids/default.html	This interactive website targets youth and provided excellent information on food, nutrition, food safety and health.
Feeling Good Project	www.dph.sf.ca.us/PHP/MCH/FeelingGood.htm	Provides nutrition and physical activity information. Focuses on low-income populations.
Fit Source	www.getupanddosomething.org	This site links child care after school providers to a wide variety of physical activity and nutrition resources.
Fit Wise	www.FitWise.com	Free Weekly Fitness Tips Newsletter full of useful information, exercise tips, diet tips, and inspiration for us all.
Fitness Fever	www.fitnessfever.com	Sponsored by Blue Cross/Blue Shield of MN, this site offers activities, experiments, recipes, nutrition information, active games and resource information for teachers.
Fitness Link	www.fitnesslink.com	Fitness Link
Fitness News – Health Facts	www.justmove.org	Fitness Link
Fitnezz	www.fitnezz.net	A well organized and deep source on sports and health topics. One of the most complete collections of fitness and bodybuilding links.
FitSource	www.nccic.org/fitsource/index.cfm	This site links child care and after school providers to a wide variety of physical activity and nutrition resources. There are links to activities, lesson plans, healthy recipes, information for parents and many other downloadable tools.
Food and Nutrition Information Center	www.nal.usda.gov/fnic/pubs/bibs/gen/eatsmart.html	Information on the nation's food resources.
Get Big	www.GetBig.com	Number one source of bodybuilding and fitness information
Get Fit	www.e-GetFit.com	Fitness Link
Girl Power	www.girlpower.gov/	National public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9-13 year old girls to make the most of their lives.
Global Fitness	www.global-fitness.com/	Our on-line guide to healthy living and optimal fitness. Includes a recipe of the day feature.
Healthy Choice for Kids Online	www.healthychoices.org	The website is provided by the Growers of Washington State apples and Tree Top, Inc. Lesson Plans, worksheets and coloring sheets available in Spanish.
Healthy Hops	www.healthy-start.com/prog_healthy.html	More than 25 classroom activities and take-home activities for children

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Healthy People 2010	www.health.gov/healthpeople/	Fitness Challenge for Americans to improve health trends toward wellness.
Healthy Women Build Healthy Communities	www.hrsa.gov/womenshealth/toolkit/menu.html	Provides an online toolkit to help women create a personal program to eat healthier and be more physically fit.
HHS Pages for Kids	www.hhs.gov/kids	The Department of Health and Human Services site with resource information and links to related sites for educators, parents and children.
Home and Family	www.homenfamily.com	An online resource for information on your family's health, nutrition, topics related specifically to kids, family relationships, etc.
Human Kinetics	www.humankinetics.com	Fitness Link
International Health, Racquet and Sports Club	www.ihrsa.org/index.html	Racquetball Link
Just Move	www.justmove.org	Provides a personal, online fitness center
Just Move Fitness Center	www.justmove.iorg/home.cfm	An interactive fitness and exercise site provided by the American Heart Association
Kidnetic	www.kidnetic.com/	Interactive web site featuring healthy recipes, fun games, information about how your body works and information for parents.
Kidnetic.com	www.kidnetic.com	Kid-based website with games, facts and recipes to help children understand food, feelings and fitness for better health.
Kids Health for Kids	www.KidsHealth.org	Investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition. Contains tons of information about kids' health issues, several interactive games, medical terminology/words and tasty treats in the "What's Cooking" section.
Kids in Action	www.fitness.gov/funfit/kidsinaction/kidsinaction_03.html	Interactive Web site featuring healthy recipes, fun games, information about how our body works and information for parents
Kids' Health	www.kidshealth.org/kid/closet/	Healthy game and activity links.
Kids' Health en Español	www.kidshealth.org/kid/en_espanol/index.html	Juego sobre la salud y conexiones a actividades
Learning Network	www.learningnetwork.com	Links to resources and shopping for parents, teachers and kids.
Live It!	www.liveitprogram.com	The Live It! Program provides fun ideas and activities to help students get moving, while enlightening them on the benefits of a healthy and active lifestyle.
Muscle Net	www.MuscleNet.com	Free Muscle Building and Fitness Magazine.
My Pyramid.gov	www.mypyramid.gov	Dietary information.
National Alliance for Youth Sports	www.nays.org	Advocacy and promotion and athletics and activity in school-age children. Links for kids, parents, administrators and coaches.
National Association for Girls and Women in Sports	www.aahperd.org/nagws	Encourages females to be physically active.
National Association for Health and Fitness	www.physicalfitness.org	Fitness Link

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National Center for Bicycling and Walking	www.bikewalk.org	Bicycling website
National Center for Bicycling and Walking	www.bikewalk.org	The mission of the National Center for Bicycling and Walking is to help create bicycle-friendly and walkable communities across North America by encouraging and supporting the efforts of individuals, organizations and agencies.
National Coalition for Promoting Physical Activity	www.al.com/ncppa	Fitness Link
National Library of Medicine	www.nlm.nih.gov	Library of Medical Information
National Recreation and Park Association	www.nrpa.org	News and stories about community recreation and preservation of parks, trails and nature
Neat Solutions	www.neatsolutions.com	This site is a resource to order nutrition and health education materials for children. Lesson plans are also available
Net Sweat	www.netsweat.com	A primary source of information on exercise and nutrition, offering a comprehensive listing of fitness-related sites
North Carolina Energizers	www.ncpe4me.com/energizers.html	Energizers are classroom based physical activities that integrate physical activity with academic concepts. These are short (about 10 minute) activities that classroom teachers can use to provide activity.
Nutrition, Counseling, Education and Services (NCES)	www.ncescatalog.com	Good source of books, videos and teaching aids on nutrition, exercise and eating disorders available for purchase online
Nutrition.gov	www.nutrition.gov	A primary site for nutrition information.
Online Fit	www.Onlinefit.com	Your online personal trainer partner
On the Move Program	www.moveit.org	Physical activity programming.
P.E. 4 LIFE	www.pe4life.org	Advocates for quality, daily physical education for all children
Parent Clicks	www.parentclicks.com	Helpful resource information for parents regarding their children's health, behavior, education, safety and emotional well-being
Parent Soup	www.parentsoup.com	This site offers a variety of articles from health and nutrition issues to dealing with behavior issues and sibling rivalry. Message boards and chat rooms are available links to other sites of interest
ParentCenter.com	www.parentcenter.com	This site offers parents information on parenting, learning, health, fun and activities. Chat boards are available as well as links to other sites
Parents' Place	www.parentsplace.com	A sister site to Parent Soup. Offers information about healthy pregnancies to raising your child with proper nutrition and health advice
Partnership for a Walkable America	www.walkableamerica.org	The Partnership for a Walkable America is a national coalition working to improve the conditions for walking in America and to increase the number of Americans who walk regularly.

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PE Central	www.pecentral.org	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.
Pedestrian and Bicycle Information Center	www.walkableamerica.org/	Includes a walk and bike to school web site
Physical Activity and Weight Control	www.niddk.nih.gov/health/nutrit/pubs/physact.htm	Fitness Link
Power Play	www.bayarea5aday.ucdavis.edu	The Campaign's purpose is to motivate and empower California's 9 to 11 year olds to eat fruits and vegetables and get physical activity.
Powerful Bones	www.cdc.gov/powerfulbones/games_fun/index.html	Interactive website that provides innovative games and nutrition quizzes that promote optimal bone health in girls.
President's Challenge	www.parentschallenge.org	Challenge to school-children to increase activity and awareness of public health and obesity trends
President's Council On Physical Fitness and Sports	www.fitness.gov	Part of the Department of Health and Human Services website
Shape Up America	www.shapeup.org	Fitness Link
Simplified Fitness	www.SimplifiedFitness.com	Make fitness simple and long-lasting
Skillastics	www.skillastics.com	Classroom board games to encourage physical challenges for all kids to learn and master sports skills
Southern California Handball Association	www.handball.org	Handball website
Southern California Municipal Athletic Foundation	www.scmf.org	Youth sports competitions, coaching clinics and adult leagues throughout Southern CA
SPARK (Sports, Play and Active Recreation for Kids) Physical Education	www.sparkpe.org	Sample lesson plans available and order curriculum for physical education programs. Preschool through eighth grade plans available. On-site training is also available.
Sports 4 Kids	www.sports4kids.org	The mission of Sports4Kids is to provide opportunities to enhance the health and well-being of youth and communities. The resource section of this website has downloadable physical activity curricula, games and activities.
Sports Fitness	www.nlm.nih.gov/medlineplus/sportsfitness.html	Fitness Link
Stay Healthy	www.stayhealthy.com	Fitness Link
Swim 2000	www.swim2000.com	Swimming website
Team Up for Youth	www.teamupforyouth.org	Through grant-making, policy initiatives and information, Team up for youth promotes the healthy development of young people by strengthening and expanding after-school sports programs, particularly those serving low-income neighborhoods.
Teen Health	www.teenhealth.org	Great information for teens, kids and parents covering all aspects of health and fitness

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The President's Challenge	www.presidentschallenge.org	The President's Challenge is program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve.
Truly Hugh	www.TrulyHugh.com	A website for bodybuilding, health and fitness. Get free fitness tips
Tufts University Nutrition Navigator	www.navigator.tufts.edu	Nutrition information
U. S. Department of Agriculture	www.usda.gov	Government site focusing on nutrition aimed at increasing the consumption of fruits and vegetables for better health.
U. S. Fencing Association	www.usfa.org	Fencing website
U. S. Food and Drug Administration	www.fda.gov	Information on the nation's food sources
U.S. Department of Health and Human Services	www.cdc.gov/aboutcdc.htm	Professional research resource of health and fitness field
UC Berkeley Center for Weight and Health	www.cnr.berkeley.edu/cwh	Nutrition information
Ultimate Frisbee	www.access.digex.net/~cdl/ultimate.html	Frisbee website
United Learning	www.unitedlearning.com	Creator of Mighty Me Training Camp, an educational exercise video that encourages kids to love and take care of themselves- strengthening their "inner superhero" through physical activity
USA Gymnastics	www.usa-gymnastics.org	Gymnastics website
Verb Crossover for Community-based Organizations	www.cdc.gov/youthcampaign/materials/tweens/crossover_cbo	Materials designed to help move students to action and make physical activity a natural part of every day. These materials can be downloaded in color, printer-friendly black and white or rich text format.
VERB Youth Media Campaign	www.cdc.gov/youthcampaign/index.htm	This site includes resources and information to make regular physical activity "cool" for tweens and a fun thing to do.
Water Polo	www.h2opolo.com	Water Polo website
Wellness Councils of America	www.welcoa.org/about.htm	Fitness Link
Women's Exercise Network	www.WomensExerciseNetwork.com	Find a workout partner and make some new friends.



Bay Area Region Nutrition Network
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