

8 Habits of Healthy Kids

1. Spend at least one hour a day being physically active.
2. Limit TV, computer games and the Internet to no more than one hour a day.
3. Don't eat in front of the TV.
4. Drink water instead of soda.
5. Eat more fruits and vegetables.
6. Eat less fast food (no more than once a week). Choose smaller portions if you do eat out.
7. Snack on healthy foods and eat less junk food and sweets.
8. Switch to 1% or fat-free dairy products.

"The 8 Habits of Healthy Kids" adapted and printed with permission from the Strang Cancer Prevention Center's "Healthy Children Healthy Futures" program.

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The New York City Department of Health & Mental Hygiene Bronx District Public Health Office

1826 Arthur Avenue • Bronx, New York 10457
Phone: (718) 466-9178 • Fax: (718) 299-3334

For more information about health services
and resources available citywide,
call 311



Updated Spring 2009

A Guide to Fitness and Nutrition Programs in the South Bronx



Prepared by the New York City
Department of Health & Mental Hygiene
Bronx District Public Health Office

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Introduction

Physical Activity

Nutrition

HealthCare

Web Resources

A Guide to Fitness & Nutrition Programs in the South Bronx

Physical Activity & Nutrition Resources on the Web

Action for Healthy Kids

www.actionforhealthykids.org

American Alliance for Health, Phys. Education, Recreation & Dance

www.aahperd.org

American Cancer Society

www.cancer.org

American Diabetes Association

www.diabetes.org

American Lung Association

www.lungusa.org

American Obesity Association

www.obesity.org

Community Markets

www.communitymarkets.biz

Council on the Environment NYC

www.cenyc.org/HTMLGM/maingm.htm

Department of Health & Mental Hygiene, NYC

www.nyc.gov/health

Flaghouse Fitness & Recreation Supplies for Youth

www.flaghouse.com

Green Guerillas

www.greenguerillas.org/

Go City Kids

www.gocitykids.com

Hip 4 Kids

www.hip4kids.org

Just Food

www.justfood.org/jf/

Kids Health for Parents

http://kidshealth.org/parent/nutrition_fit/center/nutrition_center.html

National Association for Sport & Physical Education

www.aahperd.org

National Center for Disease Control - Nutrition & Physical Activity

www.cdc.gov/nccdphp/dnpa

National Institute of Diabetes @ Digestive & Kidney Diseases

www.niddk.nih.gov/health/nutrit/pubs/physact.htm

Nutrition for Healthy Living

<http://www.familyfoodzone.com/>

Physical Best– Fitness Program for Teachers & Students

<http://americanfitness.net/infophysicalfitness.html>

NYC Food & Fitness Partnership

www.nycfoodandfitness.org

President's Council on Physical Fitness & Sports

www.fitness.gov
www.presidentschallenge.org

Shape Up America!

www.shapeup.org

Sports, Play and Recreation for Kids (SPARK)

www.sparkpe.org

Sportime Fitness & Recreation Supplies for Youth

www.sportime.com

Web Resources



Centering Pregnancy

Prenatal care in a group setting that allows time to discuss with a women's health provider and a nutritionist all the issues related to pregnancy and delivery, breastfeeding, healthy eating and physical activity for pregnant mothers.

Call for further information on schedules.



FFIT (Food and Fitness Team)

2 hours of interactive games and activities that help the children learn about healthy eating and physical activity. Friday 4pm- 6pm (Ages 5-9)



Starting Right Health & Fitness Group

This program helps kids get healthy and fit in a fun way. Kids learn about nutrition and healthy foods and drinks through inter active fun activities. Parents learn too! Parents attend three meetings with their kids and three without their kids. During the meetings parents have the opportunity to discuss how to eat healthy on a budget while still enjoying what they eat. Parents can also learn how to help their kids and the whole family become more physically fit. Healthy snacks and drinks are served at each class.

Parents and kids also have the chance to win prizes. The program is held twice a year (Spring & Fall).



Well Baby Group Care

Pediatric care for newborns up to 18 months in a group setting that allows time to discuss with a pediatrician and a nutritionist all the issues related to infant and family care, breastfeeding, healthy eating and physical activity for the whole family.

Call for most up to date information on program times and dates.



Urban Health Plan, Inc.

1065 Southern Blvd.
Bronx, New York 10459
Contact: Magaly Valentin
(718) 589-1687 ext. 2835
www.urbanhealthplan.org

Various programs regarding diabetes, obesity and the importance of fitness and nutrition.

The Health Spot located in the lobby of UHP, Inc. has literature on many of these and other health topics. Urban Health Plan's mission is to improve the health status of the South Bronx community by providing affordable, comprehensive, and high-quality primary and specialty medical care. UHP is dedicated to rendering care in a culturally sensitive, culturally competent, barrier-free, individualized, and family oriented manner with an emphasis on prevention through education and providing state of the art services.



Dear Friends in the South Bronx Community:

Most of us know that being physically active and eating well are good for our health. People who are physically active are less likely to be overweight or obese, and have less incidences of heart disease, stroke, high blood pressure, diabetes and cancer. In addition, regular physical activity and good nutrition habits can promote well-being and relieve stress.

In spite of its potential benefits, many do not get the recommended 30 to 60 minutes of physical activity on most days of the week. One reason is that many people don't know where exercise programs are located. Likewise, many people do not eat the recommended amounts of fruits and vegetables, because they do not know where to find fresh produce in their neighborhoods.

We have prepared this directory to help you find conveniently located physical activity and nutrition resources in the South Bronx, many of which are sponsored by non-profit organizations, community groups, and various city agencies.

If you know about programs that are not on this list or would like to submit your comments or questions regarding information in this guide, please call us at (718) 466-9178.

Sincerely,

Jane Bedell, MD
Assistant Commissioner
Medical Director, Bronx District Public Health Office
New York City Department of Health and Mental Hygiene

Physical Activity & Nutrition Resources

The area defined as the South Bronx and serviced by the Bronx District Public Health Office includes the following areas:

- Hunts Point & Mott Haven (zip codes 10454, 10455, 10459, and 10474)
- Highbridge & Morrisania (zip codes 10451, 10452, and 10456)
- Crotona & Tremont (zip codes 10453, 10457, and 10460)

Parts of Community Boards 1-6 are represented in the above area.

Beacon After-school Programs

Beacon programs are sponsored by the NYC Department of Youth and Community Services and offer a wide variety of physical activity and sports programs for youth. Call each site for more information.

CES 11

1257 Ogden Avenue
Bronx, New York 10452
Contact: Marie Stroud or
Elizabeth Bajero
(718) 590-0101



CS 214

1122 E. 180th Street Room 212
Bronx, New York 10460
Contact: Sonia Allen
(718) 542-8333 ext. 10



MS 222

345 Brook Avenue Room 109
Bronx, New York 10454
Contact: Tracy Pringle
(718) 585-3353



JHS 117

1865 Morris Avenue
Bronx, New York 10453
Contact: Marco Chiapetta
(718) 293-5272
www.acdp.org



Dr. Charles R. Drew Educational Complex

3630 Third Avenue, Room 227
Bronx, New York 10456
Contact: Dennis Carter
(718) 293-5272



IS 217 School—Performing Arts

977 Fox Street
Bronx, New York 10459
Contact: Mr. Joseph M. Mpa
(718) 589-4844



MS 201

730 Bryant Avenue
Bronx, New York 10474
Contact: Martha Flores
(718) 861-4671



Morrisania Neighborhood Family Health Center

1225 Gerard Ave.
Bronx, New York 10452
Nancy Hernandez
(718) 960-2777 ext. 7005

cooking. Healthy snacks are offered at each class to participants. 1st Thursday of every month 10am-11 am.



Women, Infants and Children (WIC)

Breast-feeding and peer counseling program designed to teach new parents the importance of nutrition.



The Healthy Choices Program

This childhood obesity program includes nutrition counseling, group discussions, and a complete fitness program. Ages 6 through 19; includes individual sessions with a health educator on nutrition and fitness. Due to the high-risk medical conditions associated to child obesity, patients must be seen first by one of their pediatricians. Sessions and workshops are of no cost to the patient. Enrollees will be referred to the Healthy Choices Program by their PCP.



Diabetes Group

1 hour of diabetes education that helps patients with diabetes learn about this condition and its management. Includes demonstrations of healthy

Segundo Ruiz Belvis Neighborhood Family Health Center

54 East 142nd Street
Bronx, New York 10454

Contact: Peggy Dow
(718) 579-4000

peggy.hyman-dow@nychhc.org
www.ci.nyc.ny.us/html/hhc/html/facilities/belvis.shtml

Childhood Obesity Program

Includes nutrition counseling, group discussions, and a complete fitness program sponsored by St. Mary's Recreational Center ages 8-18. The service is free, but the child must become a patient at the facility.



South Bronx Health Center for Children & Families

871 Prospect Avenue
Bronx, New York 10459

Contact: Sandra Arevalo
(718) 991-0605 ext. 275

sarevalo@montefiore.org
<http://www.montekids.org/programs/sbhccf/>

Diabetes Group

1 hour of diabetes education that helps patients with diabetes learn about this condition and its management. Includes demonstrations of healthy cooking. Healthy snacks are offered at each class to participants. 1st Thursday of every month 10am-11 am.



Bronx Health Center of Community Health Care Networks

975 Westchester Avenue
Bronx, New York 10459
(718) 991-9250

Services: Case management, HIV counseling and testing, Treatment Adherents program for HIV patients, transgender program, and a nutrition program.

Call for more information on programs and times.

**The Family Weight Management Program at North Bronx Healthcare Network**

Contact: Gyselle Gonzalez
(718) 918-4975
gyselle.gonzalez@nbhn.net

Jacobi Medical Center

1400 Pelham Parkway South
Building 8, First Floor
Bronx, New York 10461

North Central Bronx Hospital

3424 Kossuth Avenue, 4-A
Bronx, New York 10467

The Family Weight Management Program

Evaluates and provides care for children and adolescents with weight problems. The bilingual staff includes pediatricians, a nurse practitioner, nutritionist, social worker, psychologists, nursing assistants and a clinic coordinator/recreation instructor. Services provided include access to medical care for both children and parents, complete medical screenings, including physical examinations and blood tests, individualized treatment

nutritional counseling for parents and children, fitness classes, psychological consultations, as well as individual and group counseling sessions for children and parents. Many insurance plans are accepted. Children who are not a part of the North Bronx Care Network need a referral from the primary care physician.

Lincoln Medical and Mental Health Center

234 East Eugenio Mario De Hostos
Boulevard (149th St.)
Bronx, New York 10451
Contact: Juliette Brown
(718) 579-6357

Women, Infants and Children (WIC), Nutrition and Fitness Program

Open to pregnant women and children up to 5 years old, who meet a financial, medical and nutritional need. Lincoln Hospital offers a variety of nutrition classes, with an emphasis on breast-feeding and the prevention of childhood obesity. Call for more information on programs and schedule.

Food and Nutrition Services

Lincoln Hospital provides continuous plans for the provision of patient care in the in-patient and out-patient population for all groups. Patients and/or family members are provided with nutrition education to increase their knowledge and promote behavioral changes as needed. This service participates in nutrition education outreach and educates health care providers on nutritional aspects of patient care.

Citizen's Advice Bureau**CAB Community Center**

1130 Grand Concourse
Bronx, New York 10456

Contact: Jean Tibbets

(718) 293-0727

www.cabny.org

Includes After-School, Summer Camp & Teen Programs; Early Childhood Learning Center; Prevention; Even Start Family Literacy Program. Facility includes a swimming pool. Call for further information on programs and times.

**6 Elements of Fitness**

803 Prospect Ave.

Bronx, NY 10455

Contact: Donovan Green

(347) 587-6111

Donovansfitness@hotmail.com

www.6elementsoffitness.com

A local family gym in the South Bronx that provides affordable personal training and fitness instruction. No yearly membership and no contracts are required. Includes several \$10 classes: Butt & Gut, Fat Burner, Women's Self Defense, Boot Camp, Strength Training, and Martial Arts. There are also programs for high school students and children ages 5-13. Call for further information on programs and schedules.

Monday- Friday 8am-11pm

Saturday 9am-7pm

Sunday 9am-5pm.

**Benitez Arturo****Baseball Little League**

760 Bryant Avenue

Bronx, New York 10474

(718) 328-1188

**I Challenge Myself**

201 St. Ann's Avenue

Bronx, New York 10454

Contact: Ana M. Reyes

(718) 585-5021

anar@ichallengemyself.org

www.ichallengemyself.org

The **I Challenge Myself** program is available to students at least 14 years of age enrolled at the George Washington Educational Campus and The Bronx Lab School for the 2008-2009 school year. Activities include indoor spinning, running, and swimming in addition to resistance training, nutrition workshops and map reading. Students are eligible to receive one physical education or elective credit. The students will train for 2 fitness challenges that will take place in January and June. If you are interested in bringing the program to your school or site, please call or email.



Mercy Center

377 East 145th Street
Bronx, New York 10454
Contact: Mary Galeono
(718) 993-2789
info@mercycenterbronx.org
www.mercycenterbronx.org
Activities include adult Salsa, Meringue and Swing-dance lessons, Yoga and Dancercise (women only). Dancing and drumming programs for children in grades 1-12 are also available. Please call for detailed schedules. Monday-Friday 6am-12am Saturday-Sunday 8am-8pm



New York City Department of Parks & Recreation Facilities

<http://www.nycgovparks.org/facilities/recreationcenters>

Crotona Park

Fulton Avenue & Crotona Park East
Bronx, New York 10457
Contact: Steven Cain
(718) 430-4675
Outdoor swimming pool, nature center, tennis courts, basketball courts, athletic fields, and playgrounds.



Hunts Point Recreation Center

765 Manida Street
Contact: Fernando Rosa
(718) 860-5544
Indoor track, fitness center, martial arts, boy scouts program and athletic field. Membership required. Monday-Friday 9am-9:30pm Saturday 9:30am-4:45pm



Mullaly S.C.A.N. Recreation Center

164th Street & Jerome Avenue
Bronx, New York 10452
Contact: George Parker
(718) 590-5743
Gymnasium, after-school program and summer camp. Monday-Friday 8am-8pm



Mullaly Skate Park

164th Street & River Avenue
Bronx, New York 10452
Contact: Robert Ramos
(718) 822-4191
Rollerblading, skating and skateboarding. Membership required. Monday-Saturday 8am-7pm



Bissel Gardens Farmers Market

Baychester Ave. & East 241st St.
Wed 10am-3pm & Sat 9am-1pm



Northeast Bronx Farmers Market

Hammersley and Wickman Aves.
Saturday 9am-6pm



Harvest Home Sunday Farmers' Market

Grand Concourse & E. 165th St.
Sunday 8am-4pm



Harvest Home Mt. Eden Farmers' Market

Mount Eden Avenue & Morris Avenue (Claremont Park)
Thursday 8am-4pm



Harvest Home Forest Avenue Farmers' Market

Forest Avenue between Westchester Ave & 156th St.
Wednesday 8am-4pm



Harvest Home Jacobi Hospital Farmers' Market

1400 Pelham Pkwy at Eastchester Road
Tuesday 8am-4pm



Harvest Home Echo Park Farmers' Market

Tremont Ave between Anthony & Webster Aves.
Day(s) TBD



Bronx Community Supported Agriculture Program (CSA)

199 Lincoln Avenue #214
Bronx, New York 10454
Contact: Gordy Cook
(718) 292-4344
Fax: (718) 292-4350
southbronxcsa@yahoo.com

This program allows members to purchase a "share" of vegetables directly from a local New York farmer and receive weekly deliveries of seasonal vegetables June– November (winter shares are optional). Locally grown fruit, organic milk, yogurt, cheese, chicken, eggs and honey are also available.

The CSA takes at least one trip to the farm upstate each year, and arranges cooking classes for members and their kids. The CSA accepts EBT / Food Stamps.

South Bronx CSA Farmers' Market

139th St., between St. Anns & Cyprus
Wednesday 10am-6pm



Farmers' Markets

Local farmers & community gardens supply fresh fruits & vegetables during the farmers' market season (early July-mid-November). Throughout the season the Bronx DPHO and various community partners team up to offer health and nutrition information at many of the markets. Farmers' markets are also key locations in which the Bronx DPHO distributes "Health Bucks", which are worth \$2 each and can be used to purchase fresh fruits and vegetables at participating farmers' markets (listed on each Health Buck). In addition, most of the farmers' markets accept food stamps(EBT/ Electronic Benefit Cards)

- For the most up to date farmers' markets' and EBT locations please visit: <http://www.nyfarmersmarket.com/regionmetrobronx>
- Contact the Bronx DPHO at: (718) 466-9178 for additional information.

La Familia Verde Farmers' Market

East Tremont & La Fontaine Avenue
Tuesday 8am-2pm

Lincoln Hospital Greenmarket

149th St., between Park & Morris
Tuesday & Friday 8am-3pm

Borough Hall Greenmarket

Grand Concourse & 160th Street
Tuesday 8am-6pm

Poe Park Greenmarket

Grand Concourse & 192nd Street
Tuesday 8am-2pm

West Farmers' Market

Boston Road & East Tremont Ave.
in Drew Gardens
Wednesday 10am-3pm

Taqwa Community Farmers' Market

Ogden Avenue & 164th Street
Saturday 9am-6pm

New York Botanical Gardens Farmers' Market

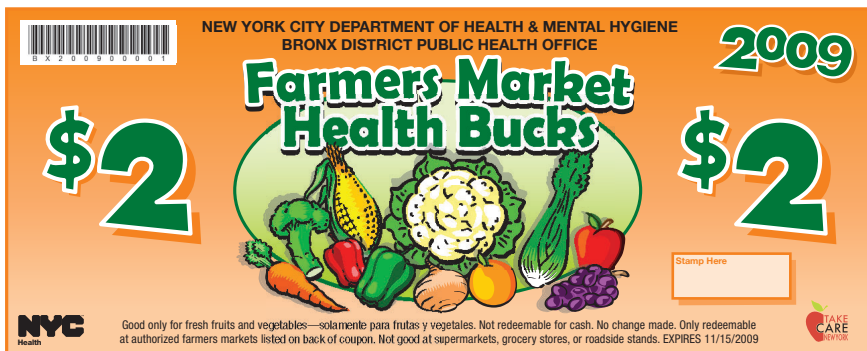
Mosholu Parkway & Kazimiroff Blvd. (in the garden)
Wednesday 10am-3pm

Hunts Point Farmers' Market Monsignor Raul del Valle Square

Southern Boulevard & East 163rd St.
Wed 8:30am-5pm & Sat 8am-3pm

MBD Community Park Farmers' Market

1710 Southern Blvd. & 173rd St.
Friday 8am-4pm



Roberto Clemente State Park

West Tremont & Mathewson Road
Bronx, New York 10453

Contact: Robert Morris
(718) 299-8750

Fitness center, cardio classes, instructional basketball, baseball and karate. Gymnastics programs for children and adults. Indoor soccer and touch football programs for adults. Free play programs on Fridays and Saturdays. Swimming pool open during summer months only. Call for more information on programs.



St. Mary's Recreation Center

450 St. Ann's Avenue
Bronx, New York 10454

Contact: Shawn James
(718) 402-5155

Gymnasium, indoor swimming pool, fitness room, dance classes, martial arts, basketball, boxing and summer camp. Membership required.

Monday-Friday 9am-9pm
Saturday 9am-5pm



West Bronx

(Community Center)

1527 Jessup Avenue
Bronx, New York 10452

Contact: Jose Lopez
(718) 293-5934

Fax: (718) 293-5866

Monday 9am-11pm

Tuesday-Friday 9am-10pm

Saturday- Sunday 9am-11pm



New York City Housing Authority (NYCHA) Fitness Centers

Butler Houses

1368 Webster Avenue
Bronx, New York 10456

Contact: Michelle Hawkins
(718) 410-5050

After school program & summer day camp



Davidson Houses

1221 Prospect Avenue
Bronx, New York 10459

Contact: Ronald Parker
(718) 328-9078

Community center, weight room, after school program & summer day camp



Sedgwick Houses

1553 University Avenue
Bronx, New York 10453

Contact: Marilyn Patterson
(718) 731-2600

After school program ages 6-12; snacks and dinner provided by housing authority; various range of recreational and cultural programs. Programs include dancing, modeling, chess consulting, Partners in Reading, the Road Runners Program, and arts & crafts.



Out2Play, Inc.

1560 Broadway, Ste. 1100
New York, New York 10036
Contact: Andrea Wenner
(917) 648-5291
awenner@out2play.org
www.out2play.org

Out2Play is a nonprofit organization dedicated to building and refurbishing public school playgrounds at no cost to the school. The goal of the organization is to provide New York City school children with a safe, engaging and developmentally beneficial place to play while providing the opportunity to gain the physical and mental health promises. The playgrounds are designed for the use and benefit of the children attending the given school, but schools may choose to allow the general public access to the site. Contact Out2Play to find out how to get a playground built or refurbished in a NYC public school.

**Police Athletic League**

www.palnyc.org

PAL provides a safe haven for kids to express themselves through physical activity and artistic creativity. PAL facilities offer programs in recreation, weight training, team sports, dance, arts & crafts, summer camp and more. PAL members must be at least 6 years old. There is an annual fee of \$5.00. Monday-Friday 3pm-6pm (6-13 yrs) Monday-Friday 7pm-10pm (14-20yrs)

PAL New South Bronx Center
991 Longwood Avenue
Bronx, New York 10459
Contact: Mariam Pena
(718) 991-2447 ext. 22
Monday- Friday 3pm-6pm



PAL Webster Avenue
After School Program
2255 Webster Avenue
Bronx, New York 10453
Contact: Jennie Bonilla
(718) 733-6748

**Mary Mitchell Family and Youth Center**

2007 Mapes Avenue
Bronx, NY 10460
718-583-1765
Contact: Kelly Garcia
Website: themarymitchellfyc.org
“**Mary Mitchell Enrichment Program**”
After school and summer camp program, caters to children 6-12 years of age, hours are 2:30-6:00pm, summer hours are from 8:00am-4:00pm. Activities include arts and crafts, homework help, academic tutoring, fitness and sports programs. Nutritiously prepared snacks are provided; There is a no junk food policy.

Eat Smart, New York (ESNY) Program

In collaboration with **NYC Human Resources Administration (HRA)**, provides nutrition education to help food stamps households adopt healthy eating and active lifestyles consistent with the Dietary Guidelines for Americans and MyPyramid. Other topics include thrifty shopping; safe handling, preparation and storage of food and assisting participants understand the benefits of food stamps and how to apply for them. The program also provides nutrition education to insure that food stamp households have enough to eat without resorting to emergency food assistance. Target audiences are: parents of school-aged youth (5-19 years old), youth in schools where 50% or more of the students receive free or reduced priced meals, Head Start programs and senior citizens (60 years and older) who are Food stamp applicants or recipients. Workshops are interactive, hands-on, and delivered by trained paraprofessionals, many of who are bilingual (English/Spanish and English/French-Creole). Workshops are available Monday-Thursday, during daytime or evening hours. Some Saturday morning classes are also available. Participants completing the workshop series receive a certificate that can be used when seeking employment.

**Family Cook Productions “Look Who’s Cooking” - After School Obesity Prevention Program**

330 East 43rd Street Ste. 704
New York, New York 10017
(212) 867-3929

A 12-week program where students learn how to cook healthful meals from around the world. There are 5 participating Bronx sites; parents can contact Family Cook Productions for school locations and contact info. Children K-8 participate, and parents also participate in several family cooking nights.

**MARC After School Nutrition Program**

2105-2111 Jerome Ave.
Bronx, New York 10453
Contact: Marcia Jackman
(718) 562-3410
Fax: (718) 562-3418
www.marcafc.org

After school program at various locations teaches children the importance of nutrition and provides hands-on cooking demonstrations.



City Harvest

575 8th Avenue, 4th Floor
New York, New York 10018
Contact:
Rosanna Campietiello
(917) 351-8700
Rcampitiello@cityharvest.org
www.cityharvest.org

**Operation Frontline**

Teaches food budgeting and healthy cooking. There are 6 classes available in multiple languages.

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Produce Education Program

Cooking and nutrition program class using locally grown whole fruits and vegetables.

■ ◇

Teen Iron Chef

Middle and high school culinary nutrition program. Research has shown that the program is effective in improving the overall dietary quality of nutrition students.

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Cornell Cooperative Extension Nutrition & Health Programs

1465 Townsend Avenue Suite 1B
Bronx, New York 10452
Contact: Evalina Irish-Spencer
(718) 992-2490
eci2@cornell.edu
www.cce.cornell.edu

■ ◇

4-H EFNEP

Youth component of EFNEP Health education program (target ages are 5-19) teaches youth to make smart choices about food and learn how to keep their bodies healthy through nutrition and physical activity.

■ ◇

Expanded Food & Nutrition Education Program (EFNEP)

Interactive, hands-on workshops are delivered by trained paraprofessionals, many of whom are bilingual. Workshops are available Monday through Thursday, during daytime or evening hours. Some Saturday morning classes are also available. Target audiences are: parents of school-aged youth (5-19 years old), and child care providers. Goals of the program include: helping adult participants practice desired dietary behaviors, applying dietary recommendations in daily meals and snacks, managing food budgets, using food safety/handling practices, and applying parenting practices that contribute to the development of healthy parent-child relationships. Participants completing the workshop series receive a certificate that can be used when seeking employment.

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Other Mary Mitchell programs include:

- **Fight Back:** a Jujitsu program with competitive tournaments.
- **Salsa Under Training Productions:** Students will learn salsa & modeling
- **Spanish G.E.D. Program:** Available for 18-21 year olds, 8:00am-2:30pm (Monday-Friday)

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Puerto Rican Family Institute, Inc.

3251 Third Avenue
Bronx, New York 10456
Contact: Sonia Acobe-Morales,
(718) 584-6268
PRFIVACUNA@aol.com
www.PRFL.org

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“Juntos Contra La Diabetes” Project

The “A, B, C’s” of controlling diabetes. A train the trainer curriculum for non-profit providers and consumers sponsored by the National Alliance for Hispanic Health. Individual and family counseling; services on physical activity and nutrition are provided. Topics included in the curriculum are: Type I and Type II diabetes, hypertension, obesity, and abnormal levels of cholesterol.

“La Promesa Medicare” Project provides counseling for seniors to promote healthy habits such as walking, exercise, and good nutrition.

Youth Services Prevention Program An anti-gang/ anti-violence program that encourages exercise, physical activity, and nutrition among youth.

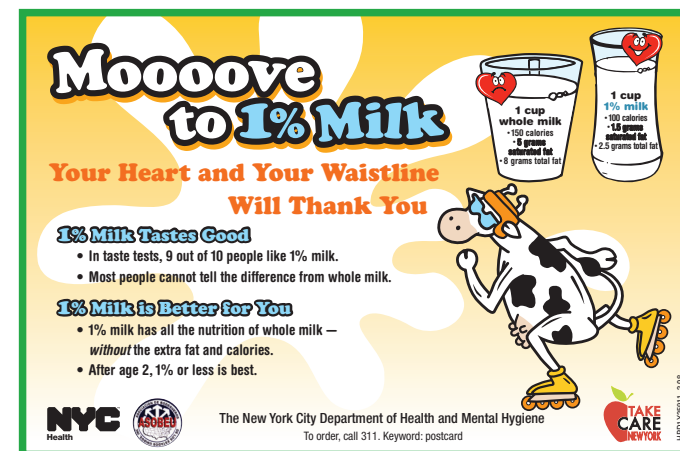
Rites of Passage/ Multicultural Arts Program @ CES 109

1771 Popham Avenue
Bronx, New York 10453
(718) 583-6316 ext. 1000
Activities: Dance, Karate, Violin, Drums, Arts & Crafts Programs.
For ages 8-21
Saturday 10am-3pm

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Urban Total Fitness

2382 Grand Concourse
Bronx, New York 10458
Contact: Jessica Mato
(718) 329-2582
Facility includes weights, cable machines, treadmills, stationary bikes, elliptical machines and aerobics classes. Call for information about annual membership fees.



Shape Up New York

A FREE family fitness program offered at park sites, community centers, and housing sites around New York City. Fitness classes are open to adults and children. Classes include activities such as step aerobics, fitness walking, light weights, stretching and toning exercises.

For the most up to date information please contact each site or visit:
<http://www.nyc.gov/html/doh/html/cdp/shapeupny.shtml>

St. Mary's Park Recreational Facility

St. Ann's Avenue & East 145th Street
 (718) 402-5155

Mon & Wed 8:15am -11:00am
 Tues & Thurs 5:15pm-8:00pm
 Sat 9:30am-12:15pm

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Melrose Classic Community Center

286 East 156th Street, Courtlandt & Morris Avenues
 (718) 665-7093

Tues-Thurs 10:30am-1:30pm

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St. James Recreation Center

2530 Jerome Avenue at 192nd Street
 (718) 822-4271

Monday 10am-1:00pm
 Friday 10am-1:30pm
 Saturday 11:30am-2:00pm

■◇

Hunt's Point

765 Manida Street
 (between Spofford & Lafayette)
 (718) 860-5544

Mon, Wed, Fri 6pm-9pm

■◇

Roberto Clemente State Park

West Tremont & Matthewson Road
 (718) 299-8750

Tues-Thurs 4pm-7pm

■◇

**Bronx Health REACH / Institute for Urban Family Health**

930 Grand Concourse Ste. 1A
 Bronx, New York 10451
 (718) 588-1235

<http://www.institute2000.org/bhr/>

■ Applies to all restaurants

Bronx Healthy Hearts Initiative

Works with local restaurants to highlight and encourage healthy menu options. Contact Bronx Health REACH for the most current listing of participating restaurants.

Fine, Fit and Fabulous Initiative

Provide faith-based organizations with workshops on managing diabetes, preparing healthier menus and incorporating healthier cooking methods into church events. The FF & FI also teaches how to integrate spirituality, nutrition and fitness to improve overall health.

Bronx Healthy Hearts Initiative

Works with local restaurants to highlight and encourage healthy menu options. Contact Bronx Health REACH for the most current listing of participating restaurants.

Participating Restaurants**African Grills**

2041 Davidson Ave.
 Bronx, New York 10453
 (718) 584-8300

Estrella Bella

2051 Webster Avenue
 Bronx, New York 10457
 (718) 329-0166

Feeding Tree West Indian Restaurant

892 Gerard Avenue
 Bronx, New York 10452
 (718) 293-5025

Jimbo's

1 East Burnside Ave.
 Bronx, New York 10453
 (718) 563-7187

La Estrella

1470 Jerome Ave.
 Bronx, New York 10452
 (718) 293-9789

La Junquera Bakery

20 West Burnside Ave.
 Bronx, New York 10453
 (718) 583-1867

La Sabrosura

25 East 170th St.
 Bronx, New York 10452
 (718) 293-7891

Lily's Cafe

53 E. 167th St.
 Bronx, New York 10452
 (646) 404-5480

Mi Pueblito

111 East 167th St.
 Bronx, New York 10452
 (718) 588-4023

Mima's

268 E. 167th St.
 Bronx, New York 10456
 (718) 410-2615

Morena's

2151 Jerome Ave.
 Bronx, New York 10453
 (718) 584-3601

MunchTime Diner

21 East 170th St.
 Bronx, New York 10452
 (718) 992-7347

National Bakery

1193 Walton Ave.
 Bronx, New York 10452
 (718) 537-5105

Ocoa Restaurant

23 East Tremont Avenue
 Bronx, New York 10453
 (718) 716-7303

