

Online Resources

Ad Council - Information on childhood obesity prevention and nutrition education.

<http://www.adcouncil.org>

Center for Disease in the Public Interest (CSPI) - Nutrition education, food nutrition labeling, food safety, and lobbying for consumers.

<http://www.cspinet.org>

Center for Science in the Public Interest (CSPI) - Nutrition Action Health Letter providing information about brand name prepackaged foods, fast food, and diseases caused by bad nutrition and obesity.

<http://www.cspinet.org/nah/index.htm>

Center for Science in the Public Interest (CSPI) - Information on better nutrition in schools; including a junk food quiz and videos.

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

Online Resources

Kaiser Permanente - Online video game showing importance of eating healthy & exercising.

<http://members.kaiserpermanente.org/kpweb/richmedia/feature/amazingFoodDetective/index.htm>

Subway - Information on health and nutrition including their Fresh Fit menu options for kids.

<http://www.subway.com>

Subway “Random Act of Fitness for Kids” - Program for parents/teachers to access resources to assist in children’s health.

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

TLC & Discovery Channel - Tools for staying fit - activities, nutritious snacks, fitness video and more.

<http://tlc.discovery.com/guides/family/health-101/health-101.html?dcitc=w99-530-ah-0017>

Resource Guide – Obesity in Youth

Resources to
Aid in
Prevention of
Obesity in
Youth



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Sport Opportunities

Located in St. Charles County

These resources include various recreational activities available for all ages and involve an extra expense.

O'Fallon Renaud Spirit Center

www.renaudspirtcenter.com

636-379-5606

St. Peters Rec-Plex and Community Arts Center

www.stpetersmo.net

636-939-2386

St. Charles County YMCA

www.ymcastlouis.org

O'Fallon 636-379-0092

St. Charles 636-928-1928



Recreational Facilities

Located in St. Charles County

These resources are all sports related and involve an extra expense.

O'Fallon Junior Renegades

Football & Cheerleading - Age 6 - 14

www.jr-renegades.org

636-281-0333

O'Fallon Community Athletic Club

Baseball & Softball - Age 5 - 18

www.ocac-ofallon.com

636-978-7668

St. Charles County Boys and Girls Club

Various Programs - Age 4 - 18

www.bgcstcharlescounty.org

636-724-3380 or 636-240-9150

St. Charles County Youth Soccer Association

Outdoor Soccer - Age 3 and up

www.sccysa.org

636-498-1056

Vetta Sports Club

Indoor Soccer - Age 3 and up

www.vettasports.com

636-498-4625

Other Activities

There are numerous studios throughout St. Charles County that offer classes such as **gymnastics, dance, cheerleading, karate, and much more.** These activities incur an extra expense.

Suggestions for other activities that are fun for the whole family and do not incur an extra expense include:

- Taking a walk
- Riding a bike
- Playing at the park
- Playing in back yard
- Video game - Wii
- And much more

Parents Lead by Example



Parents need to remember that kids follow their lead...if parents are enjoying physical activities, their kids will enjoy it too!!!