

# **A Guide to Fitness and Nutrition Programs in the South Bronx**



**2006**

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

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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 e-mail us at [BronxDPHO@health.nyc.gov](mailto:BronxDPHO@health.nyc.gov) or call us at (718) 466-9178.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jane Bedell', with a long horizontal flourish extending to the right.

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

# South Bronx 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.

Parts of DOE School Regions 1, 2, & 9 are represented in the above area.

## Beacon After-school Programs

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

## IS 217

977 Fox Street  
Bronx, NY 10459  
Contact: Mr. Joseph M. Mpa  
(718) 542-2223



## CES 11

1257 Ogden Avenue  
Bronx, NY 10452  
Contact: Ms. Marie Stroud  
(718) 590-0101



## MS 201

730 Bryant Avenue  
Bronx, NY 10474  
Contact: Jackie Knowles  
(718) 542-6850



## MS 222

345 Brook Avenue. Room 109  
Bronx NY 10454  
Contact: Ms. Tracy Pringle  
(718) 585-3353



## CS 214

1970 West Farms Road  
Bronx, NY 10460  
Contact: James Smith  
(718) 542-8333



## JHS 117

1865 Morris Avenue  
Bronx, NY 10453  
Contact: Ms. Theresia Harris  
(718) 466-1806



## Benitez Arturo Baseball Little League

760 Bryant Avenue  
Bronx, NY 10474  
(718) 328-1188



## Dr. Charles R. Drew Educ. Complex

3630 Third Avenue, Rm 227  
Bronx, NY 10456  
Contact: Norman Morais  
(718) 293-5272



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

930 Grand Concourse, Ste 1A  
Bronx, NY 10451  
(718) 588-1235

**Fine, Fit, & Fabulous Initiative**

Provide faith-based organizations with workshops on managing diabetes, preparing healthy menus and how to incorporate healthy cooking methods into church events, and integrating spirituality, nutrition, and fitness to improve overall health.



**Bronx Healthy Hearts Initiative**

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

**A-Gus Restaurant**

53 East 167th Street  
Bronx, NY 10453  
(718) 293-3153



**Estrella Bella**

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



**Feeding Tree West Indian Restaurant**

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



**Justine Restaurant**

28 East 167th Street  
Bronx, NY 10457  
(718) 538-2100



**La Junquera Bakery & Cuchifritos**

20 West Burnside Avenue  
Bronx, NY 10453  
(718) 583-1867



**Ocoa Restaurant & Cuchifritos**

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



**Citizen's Advice Bureau Aquatics Program**

1130 Grand Concourse  
Bronx, NY 10456

Contact: Jose Guerrero,  
Aquatics Director  
(718) 293-0727

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

Afternoon program: Mondays, Wednesdays, & Thursdays; Morning Program: Saturdays. Activities: Swim evaluations for new students, swimming classes (4 levels) and clinics, lifeguard training, deep water swimming, and water aerobics.



**Contemporary Ballet Theatre**

1231 Lafayette Ave, 4<sup>th</sup> Fl  
Bronx, NY 10474

Mailing Address: PO Box 740015  
Bronx, NY 10474-0001

Contact: Pepper

(718) 860-6400

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

[cbt@contemporaryballettheatre.org](mailto:cbt@contemporaryballettheatre.org)



Activities: Year-round dance programs, teen empowerment dance program, summer dance intensive (5 week summer arts camp). Hours of operation are: Mondays-Fridays 3 PM - 9 PM, Saturdays 9 AM - 3 PM.



### **Curves Nangie, Inc**

1186 E 180th Street  
Bronx, NY 10460  
(718) 931-4321



### **Diabetes Disease Management Workshop at the Community Healthcare Network**

975 Westchester Avenue  
Bronx, NY 10459  
Contact: Lisa Wagner  
(718) 991-9250

Workshops are held every Thursday morning from 11 AM to 1 PM. There are five topics related to diabetes, one covered at each session.



### **Farmer's Markets**

Local farmers & community gardens supplying fresh fruits and vegetables. The Bronx DPHO and various community partners have teamed up to offer health and nutrition programming at many of these markets throughout the market season. Call the Bronx DPHO for additional information on these events and other promotions at the farmers' markets.

### **Harvest Home Alexander Avenue Farmers' Market**

Alexander Avenue between 142<sup>nd</sup> & 143<sup>rd</sup> Streets  
Thursdays 8 AM - 4 PM  
Early July through Nov. 2006



### **Harvest Home Forest Avenue Farmers' Market**

Forest Avenue between Westchester Avenue & 156<sup>th</sup> Street  
Wednesdays 8 AM - 4 PM  
Early July through Nov. 2006



### **Harvest Home Mt. Eden Farmers' Market**

Mt Eden Avenue & Morris Avenue  
(In Claremont Park)  
Thursdays 8 AM - 4 PM  
Early July through Nov. 2006



### **Harvest Home Sunday Farmers' Market**

Grand Concourse between E. 161<sup>st</sup> & 162<sup>nd</sup> Streets  
Sundays 8 AM - 4 PM  
Early July through Nov. 2006



### **Hunts Point Farmers' Market / Hunts Point Mercado**

Monsignor Raul del Valle Square  
Southern & Bruckner Boulevards at E. 163<sup>rd</sup> Street  
Wednesdays 8:30 AM - 5 PM  
Saturdays 8 AM - 3 PM  
Early July through Nov. 2006



### **Joyce Kilmer / Borough Hall Greenmarket**

Grand Concourse between E. 161<sup>st</sup> & 162<sup>nd</sup> Streets  
Tuesday 8 AM - 6 PM  
Early July through Nov. 2006



**La Familia Verde Farmers' Market**  
East Tremont Avenue & LaFontaine  
Avenue. (In Tremont Park)  
Tuesdays 8 AM - 2 PM  
Early July through Nov. 2006



**Lincoln Hospital Greenmarket**  
Morris Avenue & 148<sup>th</sup> Street  
Tuesdays & Fridays 8 AM - 3 PM  
Early July through Nov. 2006



**MBD Community Park Farmers' Market**  
1710 Southern Blvd between 173<sup>rd</sup> &  
174<sup>th</sup> Streets  
Fridays 8 AM - 4PM  
Early July through Nov. 2006



**New York Botanical Gardens Farmers' Market**  
Mosholu Pkwy. at Kazimiroff Blvd (in  
garden)  
Wednesdays 10 AM - 3 PM  
Early July through Nov. 2006



**Taqwa Community Farmers' Market -  
Highbridge Garden**  
Ogden Avenue & 164<sup>th</sup> Street  
Saturdays 9 AM - 6 PM  
Early July through Nov. 2006



It's About Fitness \* Nutrition \* Health Care \* Wellness  
It's About **A HEALTHY BRONX!**

### **Fit Now-It's About a Healthy Bronx!**

Bronx Borough President's Office  
851 Grand Concourse  
Bronx, NY 10451

Contact: Yadhira Alvarez,  
Special Assistant to the  
Bronx Borough President  
(718) 590-3881

Fax: (718) 590-6249

[yalvarez@bronxbp.nyc.gov](mailto:yalvarez@bronxbp.nyc.gov)

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

The Bronx has some of the highest rates of diabetes, obesity, asthma, and hypertension in New York City. "Fit Now-It's About a Healthy Bronx!" is a borough wide health promotion campaign by the Bronx Borough President's Office that enlists organizations and leaders from all sectors of the borough to encourage individuals to engage in a healthier lifestyle.

In this effort, we have collaborated with many health organizations to promote healthier living. The Bronx Borough President's Official "Fit Now" website contains discounts on health products, tips and ideas related to exercise, nutrition, healthcare and much more.

There are a total of 34 Fit Now Partners. Five of those partners are restaurants, which offer a percentage off on healthy foods for Fit Now customers. "Fit Now" discount flyers are also available on the "Fit Now" website.

**Fit Now-It's About a Healthy Bronx! (continued)**

Look out for BRONXNET public service announcements on Channel 67, 68, 69 & 70 reminding our residents the importance of a healthy lifestyle.



**I Challenge Myself**

201 St. Ann's Avenue  
Bronx, NY 10454

Contact Ana M. Reyes  
(718) 585-1254

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

I Challenge Myself uses nontraditional school sports such as cycling, yoga, rock climbing and youth-led community health projects to help high school students in under served communities develop into physically active, civic-minded, healthy adults, and achieve post secondary success.



**Lincoln Medical and Mental Health Center**

234 East Eugenio Mario De Hostos  
Boulevard (149th Street)  
Bronx, New York 10451

Contact: C. Juliette Brown,  
Community & Public Affairs  
(718) 579-5000

[www.ci.nyc.ny.us/html/hhc/html/facilities/lincoln.shtml](http://www.ci.nyc.ny.us/html/hhc/html/facilities/lincoln.shtml)

**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. Lincoln offers the following WIC programs in collaboration with the NYS Health Department: "Eat Well, Play Hard," "Fit WIC," and "Active 8 Kids".



**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 age 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.



**MARC After School Nutrition Program**

2105-2111 Jerome Avenue  
Bronx, NY 10453  
(718) 562-3410  
Fax: (718) 562-3418

1895 Walton Avenue  
Bronx, NY 10453  
(718) 716-7197

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



### Mercy Center

377 East 145th Street  
Bronx, NY 10454  
(718) 993-2789

[info@mercycenterbronx.org](mailto:info@mercycenterbronx.org)

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

Activities: Adult Salsa, Merengue, & Swing dance lessons, Yoga, and Dancercise (Women Only). Children Dance & Drumming programming for grades 1-12 (Call for times available by grade level).



### Morrisania Neighborhood Family Health Center

1225 Gerard Avenue  
Bronx, New York 10452  
Contact: Gail Rosenblatt  
(718) 960-2777

[www.ci.nyc.ny.us/html/hhc/html/facilities/morrisania.shtml](http://www.ci.nyc.ny.us/html/hhc/html/facilities/morrisania.shtml)

### 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. It is for pediatric patients ages 6 through 19 only and includes individual sessions with a health educator on nutrition and fitness. Since there are high-risk medical conditions associated to child obesity, patients must be seen first by one of their pediatricians (so the patients need to be enrolled in our clinic). The individual sessions and workshops will be at no cost to the patient. Enrollees in our clinic will be referred to the Healthy Choices Program by their PCP.



### NYCHA Fitness Centers

#### Betances Site 6

465 St. Ann's Avenue  
Bronx, NY 10455

Contact: Jerry Kortwright  
(718) 993-8279

Fitness center & boxing gym



#### Butler Houses

1368 Webster Avenue  
Bronx, NY 10456

Contact: Chandra Walker  
(718) 410-5050



#### Davidson Houses

1221 Prospect Avenue  
Bronx, NY 10459

Contact: Ronald Parker  
(718) 328-9078

Activities: Fitness & community center



#### Sedgwick Houses

1553 University Avenue  
Bronx, NY 10453

Contact: Allen Rosa  
(718) 731-2600

Fitness Center



#### University Avenue Houses

1925 University Avenue  
Bronx, NY 10453

Contact: Bruce Artis  
(718) 583-9013

Activities: Computer Classes, Ping Pong Tournaments, Basketball, Football, & Drama Classes. Hours of operation are:

Mondays-Fridays 9 AM - 8 PM,  
Saturdays 9 AM - 2 PM.



**Washington Avenue Houses**

1162 Washington Avenue  
Bronx, NY 10456  
Contact: Willamae McCullough  
(718) 401-7353  
Activities: Fitness Center, Dance Program, Musical Instruments, and Martial Arts  
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**NYC Department of Parks & Recreation Facilities**

**Crotona Park**

Fulton Avenue & Crotona Park East  
Bronx, NY 10457  
Contact: Steven Cain  
(718) 430-4675  
Activities: outdoor swimming pool, nature center, tennis courts, basketball courts, handball courts, athletic fields, and playgrounds.  
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**Hunts Point Recreation Center**

765 Manida Street  
Bronx, NY 10474  
Contact: Fernando Rosa  
(718) 860-5544  
Activities include indoor running track, fitness room, boy scouts, martial arts program, and athletic field.  
Membership card is required.  
Hours of operation are:  
Mondays - Fridays 9 AM - 9:30 PM,  
Saturday 9:30 AM-4:45 PM.  
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**Mullaly S.C.A.N. Recreation Center**

164 Street & Jerome Avenue  
Bronx, NY 10452  
Contact: Sa'id Abdur-Rahman  
(718) 590-5743  
Activities: gymnasium, summer camp, and after-school program.  
Hours of operation are:  
Mondays-Fridays 8 AM - 8 PM.  
⊙ ◆

**Mullaly Skate Park**

164th Street & River Avenue  
Bronx, NY 10452  
Contact: Robert Ramos  
(718) 822-4191  
Activities: Rollerblading, skating, & skateboarding. Membership card is required. Hours of operation are:  
Mondays-Saturdays 8 AM - 7 PM,  
Sundays 10:30 AM - 7 PM.  
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**St. Mary's Recreation Center**

450 St. Ann's Avenue  
Bronx, NY 10454  
Contact: Geoff Huston  
(718) 402-5155  
Activities: Gymnasium, indoor swimming pool, fitness room, dance classes, martial arts, basketball, summer camps, and boxing.  
Membership card is required.  
Hours of operation are:  
Mondays-Fridays 9 AM - 9:30 PM,  
Saturdays 9 AM - 4 PM.  
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**Police Athletic League**

**PAL New South Bronx Center**

991 Longwood Avenue  
Bronx, NY 10459  
(718) 991-2447  
[www.palnyc.org](http://www.palnyc.org)  
Activities: Recreation Room, Body Building, Team sports programs dependent on season (track, basketball, baseball, football, etc.)  
Fee: \$5/year. Ages 6 & up. Hours of operation are: Mondays-Fridays 3 PM - 6 PM (6-13 year olds), 7 PM - 10 PM (14-20 year olds).  
😊

**PAL Webster Avenue After School Program**

2255 Webster Avenue  
Bronx, NY 10453  
(718) 733-6748  
[www.palnyc.org](http://www.palnyc.org)

Activities: Sports programs dependent on season (track, basketball, baseball, football, etc.). Fee: \$5/year. Ages 6 & up. Hours of operation are: Mondays-Fridays 3 PM - 6 PM (6-13 year olds), 6:30 PM - 10 PM (14-20 year olds)



**Puerto Rican Family Institute, Inc.**

488 East 164th Street  
Bronx, New York 10452  
Contact: Sonia Acobe-Morales, LMSW, Director  
(718) 584-6268  
[PRFIVACUNA@aol.com](mailto:PRFIVACUNA@aol.com)  
[www.PRFI.org](http://www.PRFI.org)

**"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. We provide individual & family counseling services on physical activity and nutrition. Topics included in the curriculum are: diabetes types, 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, NY 10453  
(718) 583-6316

Activities: Dance, Karate, & Violin Programs. For ages 8-21. Hours of operation are: Saturdays 10 AM - 3 PM from October-June



**Roberto Clement State Park**

West Tremont & Matthewson Road  
Bronx, NY 10453

Contact: Robert Morris, Recreation  
Supervisor  
(718) 299-8750

Activities: Fitness center, aerobics  
classes, instructional basketbal,  
baseball, and karate. Gymnastics  
program for kids and adults. Indoor  
soccer and touch football programs for  
adults. Free play program on Fridays  
and Saturdays. Swimming pool open  
during summer months only. Call for  
specific program dates and times.



**Segundo Ruiz Belvis  
Neighborhood Family Health  
Center**

545 East 142nd Street  
Bronx, New York 10454

Contact: Peggy Dow  
(718) 579-4000

[peggy.hyman-dow@nychhc.org](mailto:peggy.hyman-dow@nychhc.org)  
[www.ci.nyc.ny.us/html/hhc/html/faciliti  
es/belvis.shtml](http://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 Diabetes Coalition -  
Health People**

552 Southern Blvd  
Bronx, NY 10459

Contact: Michael Goodhope  
(718) 585-8585

Activities: Provides education on self-  
care for people with diabetes,  
Diabetes Peer-Education Program



**South Bronx Community  
Supported Agriculture (CSA)  
Program**

199 Lincoln Avenue, #214  
Bronx, NY 10454

Contact: Molly Culver  
(718) 292-4344

Fax: (718) 292-4350

[southbronxcsa@yahoo.com](mailto:southbronxcsa@yahoo.com)

**Eat Farm Fresh Vegetables, Fruit,  
Dairy and Chicken!**

Through this program, you 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 and locally produced organic milk,  
yogurt, cheese, chicken, eggs, and  
honey are also available. This can be  
an affordable way to purchase organic  
vegetables, as well as a wonderful  
way to build community around food.  
The CSA takes at least one trip to the  
farm upstate each year, and arrange  
cooking classes for our members and  
their kids. They accept EBT/Food  
Stamps.



## South Bronx Health Center for Children & Families

871 Prospect Avenue  
Bronx, NY 10459

### POWER: People Oriented with Education Rejoice

This free, confidential group is a safe space for adult diabetics to learn more about the illness and self-care. It answers questions like: What is diabetes and how does it affect my body? What do I need to eat to be healthier? How do I take my medications? What do all those tests mean? When do I need to see specialists?

Contact Marielis Rivera, Health Educator  
(718) 991-0605 x275  
[marieriv@montefiore.org](mailto:marieriv@montefiore.org)  
© ◆

### 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 interactive fun activities. Parents learn too! Parents attend three meetings with their kids and 3 meetings without their kids. During the meetings they have the chance to discuss how to eat healthy on a budget while still enjoying what they eat. Also parents 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 and Fall).

Contact: Sandra Arevalo, Nutritionist  
(718) 991-0605 Ext 226.  
[sarevalo@montefiore.org](mailto:sarevalo@montefiore.org)  
© ◆

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

Jacobi Medical Center  
1400 Pelham Parkway South  
Building 5, 5<sup>th</sup> Floor  
Bronx, NY 10461  
Contact: Gyselle Gonzalez  
(718) 918-4075  
[gyselle.gonzalez@nbhn.net](mailto:gyselle.gonzalez@nbhn.net)

### North Central Bronx Hospital

3424 Kossuth Avenue, 4A  
Bronx, New York 10467  
Contact: Gyselle Gonzalez  
(718) 918-4075  
[gyselle.gonzalez@nbhn.net](mailto:gyselle.gonzalez@nbhn.net)

### The Family Weight Management Program

Evaluates and provides care for children and adolescents with weight problems. Our bilingual staff includes pediatricians, a nurse practitioner, a nutritionist, a social worker, psychologists, nursing assistants and a clinic coordinator/recreation instructor. Services include: Access to medical care for both children and parents, complete medical assessments, including physical examinations and blood tests, individualized treatment plans nutritional counseling for both children and parents, fitness classes, psychological consultations, individual and group counseling sessions for both children and parents. They accept many insurance plans. Children that do not have a pediatrician in the North Bronx Care Network need a referral from their Primary Care Physician.

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**Urban Health Plan, Inc. (UHP)**

1065 Southern Blvd.  
Bronx, NY 10459  
Contact: Magdaliz Rivera,  
Outreach Coordinator  
Phone #: (718) 589-1687 ext: 2831  
Fax: 718-589-1721

[magdaliz.rivera@urbanhealthplan.org](mailto:magdaliz.rivera@urbanhealthplan.org)  
[www.urbanhealthplan.org](http://www.urbanhealthplan.org)

Various programs regarding diabetes and 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. ©

**West Bronx Recreation Center / Highbridge Community Life**

1527 Jesup Avenue  
Bronx, NY 10452  
Contact: Nanny Reyes, Director  
(718) 293-5934  
Fax (718) 293-5866

Activities: gymnasium, outdoor athletic field, computer classes, game room, and summer camps.

Hours of operation are:  
Mondays-Fridays 9 AM - 8 PM,  
Saturdays 9 AM - 2 PM.

☺♦

## Additional Physical Activity & Nutrition Resources

### American Heart Association

122 East 42 Street, 18<sup>th</sup> Floor  
New York, NY 10168  
(212) 878-5900 (NYC Office)  
800-AHA-USA-1 (National Hotline)

#### Search Your Heart Faith-Based Initiative

The AHA is working hard to address the disparity between the incidence of cardiovascular disease and stroke among African Americans, and Hispanics/Latinos through a free program called Search Your Heart. This initiative encourages the churches to take ownership of the program and make it their own - with free materials from American Heart Association and community partners.

Topics Include: Stomp out Stroke, CPR Family and Friends Training, Women and Heart Disease, Exercise and Stress Management, Nutrition, Hypertension, ABC's of Health Insurance, Cholesterol, & Diabetes.



### City Harvest

575 8th Avenue, 4<sup>th</sup> Floor  
New York, NY 10018  
(917) 351-8700  
[www.cityharvest.org](http://www.cityharvest.org)

#### Operation Frontline

Teaches food budgeting and healthy cooking. There are 6 classes available in multiple languages. Note: Must be a City Harvest recipient organization in order to participate.



### Cornell Cooperative Extension Nutrition & Health Programs

16 East 34<sup>th</sup> Street, 8<sup>th</sup> floor  
New York, NY 10016  
Contact Evalina Irish-Spencer,  
Coordinator Manhattan & Bronx  
(212) 340-2951 or (212) 340-2955  
[eci2@cornell.edu](mailto:eci2@cornell.edu)  
[www.cce.cornell.edu](http://www.cce.cornell.edu)

#### 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. Topics include: Desired dietary behaviors, dietary recommendations, and manage food budgets, using food safety/handling practices, and 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.



#### 4-H EFNEP

Youth component of EFNEP Health education program (target ages are 5-21) teaches youth to make smart choices about food and learn how to keep their bodies healthy through nutrition and exercise.



**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 food stamp eligibility. The program also insures that food stamp households have enough to eat without resorting to emergency food assistance. 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, NY 10017  
(212) 867-3929

A 12-week program where students learn how to cook, explore and enjoy healthful meals from around the world. Program is funded through The After-School Corporation and is free to participants. There are 5 participating Bronx sites; parents can contact FamilyCook Productions for school locations and contact info. Children K-8 participate, and parents also participate in several family cooking nights.



**Out2Play, Inc.**

1560 Broadway, Ste. 805  
New York, NY 10036  
Contact: Andrea Wenner  
(917) 648-5291

[www.out2play.org](http://www.out2play.org)

[awenner@out2play.org](mailto:awenner@out2play.org)

Services: 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 schoolchildren with a safe, engaging and developmentally beneficial place to play as well as with the opportunity to gain the physical and mental health benefits that regular physical activity 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's.





## A Free Fitness Program for the Whole Family!



**Cardio-respiratory  
Conditioning**

**Flexibility**



**Muscle Strength  
& Endurance**

Shape Up New York instructors are trained to accommodate the various fitness levels of its participants: novice, intermediate, and advanced. It is sponsored by the New York City Department of Health in collaboration with the NYC Parks Department, New York City Housing Authority, the NYS Parks Department, and the Bronx Borough President's "Fit Now" initiative.

Contact the Bronx District Public Health Office at [BronxDPHO@health.nyc.gov](mailto:BronxDPHO@health.nyc.gov) or call us at (718) 466-9178 for more information.

**St. Mary's Park Recreational Facility**  
St. Ann's Avenue & East 145<sup>th</sup> Street  
Bronx, NY 10454 • (718) 402-5155

Directions: #6 train to Brook Avenue or #2/#5 train to 149th Street & 3rd Avenue.

Tuesday & Thursday: 5 PM - 8 PM

Wednesday & Friday: 7 AM - 10 AM

Saturday: 10 AM - 1 PM

**Crotona Park / Murphy Houses Community Center**

Entrance on Arthur Avenue and East 175<sup>th</sup> Street  
Bronx, NY 10457 • (718) 466-6724

Directions: #17 bus to Crotona Park North & Crotona Avenue or #40/#42 bus to Arthur Avenue and East Tremont Avenue and walk two blocks South.

Monday through Friday: 8 AM - 10 AM

**Classic Community Center**

286 East 156<sup>th</sup> Street on Courtlandt & Morris Avenues  
Bronx, NY 10451 • (718) 665-7093

Directions: #32 bus to 156th Street & Morris Avenue.  
Tuesday through Thursday: 11 AM - 1:30 PM

**Roberto Clemente State Park**

West Tremont & Matthewson Road  
Bronx, NY 10453 • (718) 299-8750

Directions: #40/#42 bus to West Tremont & Matthewson Road.

Tuesday & Thursday: 4 PM - 5:30 PM (14 & under)

Tuesday & Thursday: 5:30 PM - 7 PM (15 and over)

Saturday: 9 AM - 12 PM

**Hunts Point Recreation Center**

765 Manida Street, on Lafayette and Spotford Avenues.  
Bronx, NY 10474 • (718) 860-5544

Directions: Take #6 train to Hunts Point stop take #6 bus east to Lafayette & Manida Avenues.

Tuesday & Thursday: 10:30 AM - 12 PM

Tuesday & Thursday: 8 PM - 9:30 PM

Wednesday & Friday from 8 PM - 9:30 PM

**WHEDCo Fitness Center**

50 East 168th Street  
Bronx, NY 10452 • (718) 839-1100

Directions: #4 train to 167th Street and River Avenue.  
Monday & Friday: 10 AM - 1 PM

Saturday: 2 PM - 5 PM

## Physical Activity & Nutrition Resources on the Web

### Action for Healthy Kids

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

### American Alliance for Health, Physical Education, Recreation & Dance

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

### American Cancer Society

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

### American Diabetes Association

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

### American Heart Association

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

### American Lung Association

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

### American Obesity Association

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

### Community Markets

[www.communitymarkets.biz](http://www.communitymarkets.biz)

### Council on the Environment NYC

[www.cenyc.org/HTMLGM/maingm.htm](http://www.cenyc.org/HTMLGM/maingm.htm)

### Department of Health & Mental Hygiene, NYC

[www.nyc.gov/health](http://www.nyc.gov/health)

### Eat 5 Fruits & Vegetables A Day - Take the 5 A Day Challenge

[www.5aday.com/kids/index.html](http://www.5aday.com/kids/index.html)

### Flaghouse Fitness & Recreation Supplies for Youth

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

### Green Guerillas

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

### Hip 4 Kids

[www.hip4kids.org](http://www.hip4kids.org)

### Just Food

[www.justfood.org/jf/](http://www.justfood.org/jf/)

### Kids Health for Parents

[www.kidshealth.org/parent/nutrition\\_fit/fitness/fitness\\_6\\_12.html](http://www.kidshealth.org/parent/nutrition_fit/fitness/fitness_6_12.html)

### National Association for Sport & Physical Education

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

### National Center for Disease Control - Nutrition & Physical Activity

[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

### National Institute of Diabetes & Digestive & Kidney Diseases

[www.niddk.nih.gov/health/nutrit/pubs/physact.htm](http://www.niddk.nih.gov/health/nutrit/pubs/physact.htm)

### Nutrition for Healthy Living

<http://www.familyfoodzone.com>

### Physical Best - fitness program for teachers & students

[www.americanfitness.net/Physical\\_Best](http://www.americanfitness.net/Physical_Best)

### President's Council on Physical Fitness and Sports

[www.fitness.gov](http://www.fitness.gov) and  
[www.presidentschallenge.org](http://www.presidentschallenge.org)

### Shape Up America!

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

### Sports, Play and Recreation for Kids (SPARK)

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

### Sportime Fitness & Recreation Supplies for Youth

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

# SPARK

## Sports, Play & Active Recreation for Kids!



Attention all daycares, head start programs, and public schools in the South Bronx, SPARK training opportunities are now available to your staff via the NYC Department of Health & Mental Hygiene and the Bronx District Public Health Office!

In May 2003, the New York City Department of Health and Mental Hygiene and the Department of Education conducted a representative survey of nearly 3,000 New York City elementary school children in the public school system and found that obesity is already a serious problem by kindergarten; 21% of students in kindergarten are obese.

While overweight and obesity levels climb, the minutes children spend in physical education (PE) has decreased. The SPARK program has been developed to combat this trend. SPARK is designed to maximize the health benefits of class activity time, without sacrificing learning. SPARK offers high-energy, academically-integrated, enjoyable activities that enhance motor development and school readiness skills. We are offering free SPARK training for your physical education and classroom teachers and aides, school aides, paraprofessional staff and administration.

If your organization is interested in receiving this training for your staff to help combat childhood obesity, please contact the Bronx District Public Health Office at [BronxDPHO@health.nyc.gov](mailto:BronxDPHO@health.nyc.gov) or at (718) 466-9178 and inquire about our upcoming training dates and locations.

## 8 Habits of Healthy Kids

1. Spend at least 1 hour a day being physically active.
2. Limit use of TV and video games to no more than 1 hour a day.
3. Eat smaller amounts. Bigger is not always better!
4. Drink water instead of soda.
5. Eat a total of 5 or more servings of fruits and vegetables a day.
6. Eat less fast food (no more than once a week).
7. Snack on healthy foods and eat less junk food and sweets.
8. Drink or eat 3 low-fat dairy foods a day.



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



THE NEW YORK CITY DEPARTMENT  
of HEALTH and MENTAL HYGIENE  
Call 311 or visit [nyc.gov/health](http://nyc.gov/health)



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

1826 Arthur Avenue • Bronx, NY 10457  
Phone: (718) 466-9178 • Fax: (718) 299-3334  
[BronxDPHO@health.nyc.gov](mailto:BronxDPHO@health.nyc.gov)

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