



Your Guide to Health and Wellness

A list of people to see and places to go to help you control your weight and live a healthy life.

KEYSTONE MERCY

A Program of Keystone First and Mercy Health Plan

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GUIDE TO HEALTH AND WELLNESS

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zip code	County
We Can Sites	Resource		(Ways to Enhance Children's Activity & Nutrition) is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight. Offers tools and activities and resources.	Children 8-13 yrs old		http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/		
			Program Offered Y/N					
Education Works Germantown Center	Service Learning, Health and Nutrition	267-575-7149	Enhance their critical thinking and decision-making skills to make safer and healthier choices.	Children 8-13 yrs old	No cost	www.educationworks-online.org	19144	Phila.
Esperanza Health Center	Nutritional Counseling, Health Outreach, Lay Health Promoters	215-831-1100	The health center offers personal nutrition and diet counseling for its patients, health education classes, and participates in numerous health outreach events across the community.	Children 8-13 yrs old	No cost	www.esperanzahealthcenter.org	19134	Phila.
La Fortaleza Rehabilitation and Wellness Center	Childhood Obesity Program	215-455-5370	Parents can get their children help before life threatening illness become inevitable.	Children 8-13 yrs old	No cost	http://lafortalezarehab.com/index.html	19140	Phila.
La Placita Wellness and Education	Fitadelphia Parent Workshops, Fitadelphia Kids	267-243-8299	A workshop that teaches parents how to make the right food choices so they can teach their kids how to make the right food choices. Fitadelphia Kids movement arts, fitness and nutrition obesity prevention and obesity recovery program to pre-school kids	Children 8-13 yrs old	\$1.00/ parent/ student	http://lapwec.com/	19152	Phila.

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We Can Sites (continued)								
			Program Offered Y/N					
School District of Philadelphia	Nutrition Education Program	215-335-5053	Offer's K-12 classroom lessons on topics including: the importance of breakfast; healthy snacks; and 5-a-day fruits and vegetables.	Children 8-13 yrs old	No cost	http://www.patricks.org/public/partners_sdp.asp	19130	Phila.
Stonehurst Hills Elementary School	Health Education, Summer Programs	610-626-9111		Children 8-13 yrs old	No cost		19013	Chester
Trevor's Place	Project Success, Discover Program, Bright Spaces	215-225-2470		Children 8-13 yrs old	No cost	www.trevorscampaign.org	19130	Phila.

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Boys and Girls Club Sites	Physical Activity		Boys & Girls Clubs of America has a lineup of tested and proven nationally recognized programs that address today's most pressing youth issues, teaching young people the skills they need to succeed in life.	Youth and adolescents	No Cost	http://www.bgcphila.org/		
			Program Offered Y/N					
Bridgesburg Boys & Girls Club	Healthy Habits Program	215-743-7755	No	Youth and adolescents	No Cost	No	19137	Phila.
Fels South Philadelphia Community Center	Active Outdoor/Indoor Activities	215-218-0800	No	Youth and adolescents	No Cost	No	19148	Phila
Lauretha Varid Boys & Girls Club	Healthy Lifestyles, Triple Play Program	215-457-8480	No	Youth and adolescents	No Cost	No	19124	Phila.
NE Frankford Boys & Girls Club	Summer Camp Activities	215-743-7515	No	Youth and adolescents	No Cost	No	19124	Phila.
Nicetown Boys & Girls Club	Nutrition/Lunch Program, Athletic Program	215-229-8900	No	Youth and adolescents	No Cost	No	19140	Phila.
North Penn Valley Boys & Girls Club	Triple Play Program, Activities & Summer Camps	215-855-7791	No	Youth and adolescents	No Cost	No	19446	Lansdale
Philadelphia Boys & Girls Club	Outdoor Sports Activities	215-735-8818	No	Youth and adolescents	No Cost	No	19102	Phila.
R.W Brown Community Center	Yoga, Gym and Athletic Activities	215-763-0900	No	Youth and adolescents	No Cost	No	19122	Phila.

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Boys and Girls Club Sites <i>(continued)</i>								
			Program Offered Y/N					
R.W Brown Community Center	Yoga, Gym and Athletic Activities	215-763-0900	No	Youth and adolescents	No Cost	No	19122	Phila.
Richard J. Ricketts Center	Summer Camp Activities, Healthy Habits	484-945-1020	No	Youth and adolescents	No Cost	No	19464	Pottstown
Sullivan Elementary School	Healthy Foods Program	215-537-2524	No	Youth and adolescents	No Cost	No	19124	Phila.
West Philadelphia Community Center	Summer Camp	215-386-4075	No	Youth and adolescents	No Cost	No	29104	Phila
Wissahickon Boys & Girls Club	Nutrition and Athletic Program	215-438-7394	Nutritionist every Tuesday	Youth and adolescents	No Cost	No	19144	Phila.

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YMCA Sites	Physical Activity		Provider of quality, multicultural, youth and family programs. We will promote healthy lifestyles and help all our members develop to their fullest potential throughout our diverse communities. Free membership for 7th graders	Families and youth	\$50 annually	http://www.philaymca.org/		
Christian St. YMCA-1724 Christian St.	Youth sports, Y achievers, Arts & Dance, Aquatics, Camp and kids night out, Day Camp, Health and Wellness Programs	215-735-5800	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19146	Phila.
Columbia North YMCA-1400 North Broad St.	Body Training, swim lessons, dance lessons, Youth Sports, Health and Wellness Programs	215-235-6440	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19121	Phila.
Northeast YMCA-11088 Knights Rd	CPR/first aid, Swim Lessons, Day Camp, Health and Wellness Programs	215-632-0100	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19154	Phila.
Roxborough YMCA-7201 Ridge Ave.	Day Camp, Child Care, Youth Sports, Health and Wellness Programs	215-482-3900	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19128	Phila.

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
YMCA Sites (continued)								
West Phila. YMCA-5120 Chestnut St.	Karate, Youth Sports, Swimming Lessons, Youth Weightlifting/ Strength Class, Health and Wellness Programs	215-476-2700	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19139	Phila.
YMCA -1425 Arch St.	Youth sports, Y achievers, Arts & Dance, Aquatics, Camp and kids night out, Day Camp, Health and Wellness Programs	215-557-0082	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19102	Phila.
YMCA Abington-1073 Old York Road	Healthy Kids and Weight Management for Children, exercise with one on one trainer and meet with dietician	215-938-5616	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19001	Mont.
YMCA Headquarters -2000 Market St.	Youth sports, Y achievers, Arts & Dance, Aquatics, Camp and kids night out, Day Camp, CPR/ first aid, Health and Wellness Programs	215-963-3700	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19103	Phila.
YMCA-125 South 9th St.	Youth sports, Y achievers, Arts & Dance, Aquatics, Camp and kids night out, Day Camp, Health and Wellness Programs	215-400-2100	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19107	Phila.

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YMCA Sites <i>(continued)</i>								
YMCA-5722 Greene St.	Youth sports, Y achievers, Arts & Dance, Aquatics, Camp and kids night out, Day Camp, Health and Wellness Programs	215-844-3281	Community service organization that promotes positive values through programs that help to build strong kids, strong families and strong communities.	Families and youth	\$50 annually	No	19144	Phila.

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NRG Balance and School based Sites	Resource		The nrgBalance Zone Campaign is an annual program that assists school health leaders with fostering an environment that supports children eating well and being physically active. Participating schools are publicly recognized as nrgBalance Zones and are equipped with programs, resources and outreach opportunities to promote good nutrition and active living to youth and families.	School Health Leaders	Cost	http://www.nrgbalance.org/for-schools/balance-zone.cfm		
Avon Grove School District	Nutrition Program	484-667-4445	Provides all students with the fuel their minds and bodies need in order to learn, by preparing and serving nutritious meals in accordance with the National School Lunch and Breakfast Programs.	Students	No Cost	http://www.avongrove.org/district/foodservice.html	19390	Chester
Bristol Township School District	Healthy Kids Program	215-943-3200	To help provide children and families more opportunities to access nutritious foods and be physically active in every part of their day.	Families	No Cost	http://www.btsd.us/page.php?pid=91	19057	Bucks
Bucks County Technical High School	Health/Physical Education	215-949-1700	This course is designed to facilitate student's interest in lifelong fitness. The students will be exposed to a wide variety activities throughout their time at BCTHS including mountain biking, inline skating, adventure programs, fitness, self protection, walking, pilates, team sports, and many others.	Students	No Cost	http://www.bcths.com/academics.cfm?subpage=60656	19030	Bucks
Centennial School District	Child Nutrition Program	215-441-6000 x 3011	Dedication and success in providing a quality nutrition program that meets National School Lunch Program requirements and is customized to meet student preferences.	Students	No Cost	http://www.centennialsd.org/19251063161414727/site/default.asp	18974	Bucks

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NRG Balance and School based Sites <i>(continued)</i>								
Lingelbach Anna L School 6340 Wayne Ave	Nutrition Program from Einstein, Assembly on Nutrition, Healthy Grant on Exercise	215-951-4001	To provide families opportunities to access nutritious foods and be physically active in part of their day.	Children	No Cost	N/A	19144	Phila.
Neshaminy School District	Nutrition Program	215-809-6540	To help provide children and families more opportunities to access nutritious foods and be physically active in every part of their day.	Students	No Cost	http://neshaminy.schoolwires.com/14481052114236520/site/default.asp?1448Nav=&NodeID=132	19047	Bucks
Sharswood George School 2300 S. 2nd Ave	Basketball, Soccer, Angels of Health Program	215-952-6212		Children	No Cost	N/A	19148	Phila.
Central Bucks School District	Aquatic Programs	267-893-5705	Provides the community with the opportunity to engage in various swim programs. Presently, offers over 20 programs ranging from parent tot swim lessons to adult lap swimming.	All ages	Fee's Vary	http://www1.cbsd.org/communityschool/aquatics/Pages/default.aspx	18901	Bucks
Lower Moreland Township School District	Hands-On Wellness Workshop	215-938-0270	Students will learn the benefits of taking care of their bodies with a holistic approach. Each morning will begin with yoga and meditation. Will learn about creating nutritious and delicious organic snacks and home-made spa products. Each day students will leave with a recipe and product to use at home.	6th-9th grade	\$100	http://www.lmtsd.org/lmtsd/site/default.asp	19006	Mont.

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
NRG Balance and School based Sites <i>(continued)</i>								
North Penn School District	Wellness Programs	215-853-1055	Students in grades K – 12 will have the opportunity to receive nutrition education that emphasizes skills needed to adopt healthy eating behaviors. The physical education program will be assessed annually via physical fitness testing to track student wellness.	Students	No Cost	http://www.npenn.org/55771012313301403/site/default.asp	19446	Mont.
Owen J Roberts School District	Fit for Life Program	610-469-5697	Promotes healthy food choices and strives to assist the family meal preparer in making healthy meal planning decisions that lead to better health.	Families	No Cost	http://www.ojrfitforlife.com/	19465	Chester
Palisades School District	Healthy Bodies and Healthy Minds: Tai Chi, Yoga, Volleyball, Aerobics, Belly Dance	610-847-5131 ext. 2401	Healthy Activities	All Ages	Fee's Vary	http://www.palisadesd.org/606312071795822/site/default.asp	open	Bucks
Chester Community Charter School	Wellness Programs	610-447-0400	Provides school and community health leaders with resources and programs to encourage youth and their families to eat healthy and be active.	Students	No Cost	www.chestercommunitycharter.org	19013	Chester
Perkiomen Valley School District	Wellness Programs	610-489-8506	The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience.	Students	No Cost	www.pvdsd.org	19426	Mont.
Spring-Ford Area School District	Health and Wellness Program	610-705-6000	Health and physical education department has a curriculum in place for all students, kindergarten through twelfth grade, attending our schools	Students	No Cost	http://www.spring-ford.net/Dept-Admin/HealthyChoice/index.htm	19468	Chester Mont.

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
NRG Balance and School based Sites <i>(continued)</i>								
<p>Young. Philly. Fit. Program</p> <ul style="list-style-type: none"> • Samuel Daroff Elementary School • James S. Rhoads Elementary School • William H. Shoemaker Middle School • Edwin H. Vare Middle School • Universal Institute Charter School • Anna H. Shaw Middle School • William T. Tilden Middle School • General Davis B. Birney Elementary 	<p>Middle School based Physical activity and wellness program at the schools listed.</p>	<p>215-937-8304</p>	<p>Health and wellness program provided by City Year Health and Wellness ambassadors and Keystone Mercy. Includes fun and exciting physical activities, walking competition, prizes, BMI screening</p>	<p>Middle school youth</p>	<p>No Cost</p>	<p>michele.gantt@amerihealthmercy.com</p>	<p>19113</p>	<p>Phila.</p>

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
Miscellaneous Programs								
Nutritional Services Program (CHOP)	Obesity Program	215-590-4985	Interdisciplinary assessment clinic; Healthy changes Program	Ages 4-17	No Cost	http://www.chop.edu/service/	19104	Phila.
Overeaters Anonymous	Obesity Program	505-891-4320	Support group	18+	Fee's Vary	http://www.oa.org/	open	Phila.
Pennsylvania Nutrition Education Network	Resource	717-233-1791	The Pennsylvania Nutrition Education Network facilitates communication among those individuals, organizations, and agencies concerned with community nutrition education.	Families	No Cost	http://panen.org/about-us	N/A	Phila.
Philadelphia Urban Food and Fitness Alliance (PUFFA)	Resource	215-731-6195	Initiative to support nutritional food access and safe areas of play. Systemic policy initiatives in underserved communities.	Children	No Cost	www.puffaphilly.org	19103	Phila.

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
Miscellaneous Programs <i>(continued)</i>								
Independence Blue Cross	Good Health Club Physician Toolkit: Active Schools, Healthy tools for Schools, Healthy Lifestyles Healthy Weight, Healthy You Program, Do the SMART Thing, Good2BMe website., Step Out: Walk to Fight Diabetes Fitness, Alternative Health, Healthy Weight, Healthy You, Stress Management, Nutritional Counseling	1-800-626-6076	IBC has long supported an array of programs and initiatives to help younger members get healthy, stay healthy and to fight against childhood obesity and diabetes:	Children	No Cost	http://www.prnewswire.com/news-releases/independence-blue-cross-launches-pediatric-partnership-to-combat-childhood-obesity-96305349.html	19103	Phila.
Sports Squirts Program	Games and Activities		In addition to having a great time playing the different sports, children will develop social interaction and communication skills. All sports are developed through a series of games and activities designed to ensure learning.	Ages: 3-5	Fee's Vary	http://www.ussportsinstitute.com/programs/sports-squirts.html	Open	Delaware, Phila, Mont.
Stretch-n-Grow	Children's Fitness and Health Education Program	267-625-8641	The Stretch-n-Grow CURRICULUM is designed to promote wellness that will last a lifetime.	Ages 2-5	Fee's Vary	http://www.stretch-n-grow.com/Affiliates/Sand.html	19401	

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
Miscellaneous Programs (continued)								
Healthy Kids, Healthy Communities	After-School Program: Farmers Markets, Community Gardens, Parks and Walking, Running and Biking Trails	(919) 843-8430	The purpose of this project is to improve the health of Philadelphia children through the creation and implementation of healthy eating and active living policies and standards in after-school programs.	Children	No Cost	http://www.healthykidshealthycommunities.org/communities/philadelphia-pa	Open	Phila.
No Longer Bound Prevention Services	Educational & Life Skills Program	215-788-9511	Healthy lifestyles, parenting skills, nutrition, cultural awareness; incorporates First Step Motivational program to help participants get ready for the work force	Young Parents	No Cost	mailto:info@no-longer-bound.org	19007	Bucks
One Fit Mama	Fitness Classes, Yoga, Stroller-based cardiovascular and strength training workouts, informational seminars	215-886-2869	A fitness company centered around mothers and their babies. Exercise with your baby while interacting and networking with other moms.	Mothers and Babies	Fee's Vary	http://www.onefitmama.com/news.php	Open	Mont. Bucks
S.N.A.C	Resource		In Pennsylvania, SNAC or State Nutrition Action Committee, is an FNS initiative that seeks to encourage partnerships and collaborative interventions between the nutrition assistance programs and other related groups such as public health programs, healthcare providers, schools, faith-based groups and other community organizations in the consumption of at least five fruits and vegetables a day.	Children	No Cost	http://panen.org/about-us	Open	Penna.

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
Miscellaneous Programs (continued)								
Solid Rock United Methodist Church	Nutrition Awareness and Education, Kickboxing, Dancing and Aerobics, Fitness Group	215 329-2851	Starts in October and will be held on every Friday until November. The first half hour will be focused on nutrition awareness and education, while the rest of the time will be dedicated to exercises.	Children	No Cost	http://sct.temple.edu/blogs/murl/2009/10/09/olney-programs-for-battling-childhood-obesity/	19120	Phila.
University of Pennsylvania	Healthy Schools Program: Exercise and Activities, After-school Fruit Stand, After School Health Club, Parent Nutrition Workshop	215-746-7118	A lunch and recess initiative to encourage more student responsibility, healthier eating habits and a pleasanter atmosphere at lunch. Playground monitoring and socialized play	Grades K-12	No Cost	http://foxleadership.upenn.edu/content/healthy-schools-community-based-participatory-research-planning-and-action	19104	Phila.
West Chester Corporate Wellness Programs	One to one training, Group training, Educational seminars, Assessments	610-429-9002	Our programs are tailored to meet the specific goals and needs of your company. We can provide the space and equipment, as well as the programs if needed. Premier takes a fun approach to exercise and fitness resulting in greater participation and compliance.	Adults	Fee's Vary	http://www.westchesterpersonaltrainers.com/index.html	19382	Chester
American Cancer Society	Generation Fit, Meeting Well, Lets Talk about it, Active for Life, School Health Program	1-800-227-2345	Eat your way to better health. What you eat (or don't eat) and how active you are can influence your risk of developing cancer. Learn about the best ways to reduce your risks through simple lifestyle changes.	Adults	Fee's Vary	http://www.cancer.org/Healthy/index	19103	Phila.
Food Trust's	Healthy Times newspaper program, Farm to School Program, The Kindergarten Initiative, School Market Program	215-575-0444	The Trust works to improve the health of children and adults, promote good nutrition, increase access to nutritious foods, and advocate for better public policy.	Families	No Cost	www.thefoodtrust.org	19103	Phila.

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Hospitals								
Children's Hospital of Philadelphia	Nutrition and Obesity Counseling and Assessment	215-590-7970	Nutritional counseling	Youth	No cost	http://www.chop.edu/index.html	19103	Phila.
Thomas Jefferson University Hospital	1-1 Training, Group Training, Kettle Bell Body Sculpting, Weight Management, Yoga, Pilates, Tai Chi, Sports Massage	215-955-6000	Diet, Exercise, Support Groups	Adults	Fee's Vary	www.jeffersonhospital.org	19107	Phila.
Fun and Fit @Albert Einstein	Obesity Program	215-456-6559	Combines nutrition and exercise; 8 week cycle	8 years old and up	No cost	www.einstein.edu	19141	Phila.
Grand View Hospital	Environmental, Behavioral, Dietary, Physical Programs	215-453-4100	The Grand New Youth team provides comprehensive care for children who are challenged by weight-related health issues.	Youth	Fee's Vary	http://www.gvh.org/body.cfm?id=980	18960	Phila.
Holy Redeemer Health System	Fitness and Health Programs, Nutritional Counseling	1-800-818-HRHS	We offer wellness programs focusing on arthritis, weight management, back pain, cancer, depression, high blood pressure and other healthcare issues. Registered dietitians are available for instruction in special diet regimens	Adults	Fee's Vary	http://www.holyredeemer.com/Main/Public/NutritionalCounseling.aspx	Open	Bucks, Mont. and Phila
Philadelphia Children's Obesity Program at Temple University Children's Medical Center	Weight Management, Healthy Eating, Physical Activity	215-707-5437	Interdisciplinary assessment clinic, Healthy changes Program	Youth	No cost	www.shapingamericasyouth.org	19140	Phila.

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	County
Hospitals (continued)								
A better Start @Albert Einstein	Obesity Program	215-456-6559	Nutritional counseling	All ages	Insurance	http://www.einstein.edu	19141	Phila.
Behavior Modification / Weight Loss Program at Abington Memorial Hospital	Obesity Program	215-481-2204	6 week program nutrition and exercise	Adults	No Insurance accepted	publicrelations@amh.org	19001	Phila.
The Chester County Hospital	Fitnesses Classes, Nutrition and Weight Management, Nutrition Counseling	610-738-2348	The Center provides healthy lifestyle coaching to members by offering a complete well-being program, which includes individualized fitness assessments and exercise prescriptions.	Adults	Members	http://www.cchosp.com/cchpage.asp?p=203	19380	Chester

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Health Centers								
Chester County Health Department	Let's Move: Girls on the Run, CATCH , Nutrition and Wellness Program	610-344-6225	Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.	Ages 3-12	Fee's Vary	http://dsf.chesco.org/health/cwp/view.asp?a=3&Q=646145	19308	Chester
Bucks County Department of Health	Food Guide Games, Getting to Know Your Fruits and Veggies, Healthy Eating	215-345-3340	Children are taught the names of many different fruits and vegetables and also the importance of 60 minutes of physical activity.	Ages 5-12	Fee's Vary	http://www.shapingamericasyouth.org/programs.aspx?page=detail&prgid=13810	18901	Bucks
Bucks County Wellness Centre	8 Weeks To Wellness: Exercise Programs, Massage Therapy, Healthy Eating, Free Coaching, Community Wellness Day	215-425-1110	Optimize what you think about, how you eat and supplement, and how you exercise and care for your body	Adults	Fee's Vary	http://www.8ww.com/	19134	Phila.
Drexel University's Nutrition Center	Eat. Right. Now, 5 a Day for Kids, 3 A Day , Team Nutrition, The Food Detectives Fight BAC!, Best Apples.com, Fresh for Kids, Just for Kids, 4 Girls Health	215-895-2422	The program aims to foster positive behavioral changes related to nutrition and physical activity. Dedicated to improving the nutritional health and increasing the activity levels of the students and families in the city of Philadelphia.	Families	No Cost	http://www.drexel.edu/nutrition/education/	19104	Phila.

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Health Centers <i>(continued)</i>								
Pennsylvania Department of Health	Health Information	1-877-PA-HEALTH	Information/resources	Families				
Weller Health Education Center	Nutrition and Fitness program	610-258-8500	Designed to reduce and prevent childhood obesity and improve the overall health and wellness, features measurable, school-based programs on nutrition and physical activity	Grades pre-K through 12	Fee's Vary	http://www.wellercenter.org/	18042	Bucks

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Camps								
Adventure Boot Camp	A four-week outdoor program of fitness instruction, nutritional counseling and motivational training.	484-202-0010	Fitness program that will help you burn fat, gain strength, tone your body, gain self esteem, increase your energy levels, feel younger, improve your flexibility	All Ages	\$199/per camp	http://www.greatvalleybootcamp.com/	19460	Chester
ESF Summer Camps at Montgomery School	Day Camp, Sports Camp, Senior Camp	610-581-7100	ESF is an award winning, family-owned and operated camp that features over 30 activities, sports and exciting programs for boys and girls. 2-9 week options	Ages: 3-15	Fee's Vary	http://www.esfcamps.com/		Chester
Germantown Academy	Arts and crafts, Archery, Swimming Lessons, Field Games, Tennis, Nature, Canoeing, and Challenge Course.	215-734-0481	In our Day Camp programs, the emphasis is on making friends and participating in a variety of activities, instead of focusing on a specific skill or interest area.	Ages 6-12	Fee's Vary	http://www.gacamp.org/	19034	
HIT Fitness Boot Camp	An outdoor fitness and exercise program that includes fitness instruction and motivational training.	267-784-3626	Will help you become more physically fit and toned, lose weight and inches, and gain strength and endurance, which will increase your self-confidence and improve how you feel.	Adults	\$10/hr	http://www.hitfitnesstraining.com/boot-camp.php	19006	
Junior Adventure Camp	Rock Climbing, High/Low ropes Course work, Paddling, Group initiatives or Hiking	215-348-6114	An educational and recreational program for kids	10 to 14 years	\$130 per person	www.buckscounty.org	18901	Bucks

Program Name	Program Type	Contact Information	Program Description	Target Audience	Cost	Website	Zipcode	
Camps (continued)								
Montgomeryville Adventure Boot Camp	Running, Calisthenics, Agility Training Relay Races, Obstacle Courses, Balance and Postural Exercises, and Kid-Friendly Nutritional Counseling.	908-268-6414	Women of all ages, shapes, sizes and abilities enlist in a four week, five days per week program, that is modeled after, and has been expanded upon the Adventure Boot Camp	Women all ages	\$250-\$320/week	http://www.doylestownbootcamp.com/HomePage.html	18902	Doylestown
Sesame/Rockwood Camps	Activities in the arts, sports, swimming and the out-of-doors	610-275-2267	With the support of our camp families, we will continue to strive for the finest recreational summer programs in the greater Philadelphia area.	Ages 3-14	Fee's Vary	http://www.srdayscamps.com/intro.asp	19422	
Definition of Program Type								
<p>Obesity Program - a comprehensive health program which may include the following components: nutritional education or counseling, physical activity sessions and parent education.</p>								
<p>Physical Activity Sites - Sites that are available for any form of physical activity. May include planned or unplanned activities such as gym workout, exercise sessions, basketball, swimming classes, etc.</p>								
<p>Resource Sites - Sites that are available for program resources. These sites may offer information regarding community activities, collaboration efforts, obesity programs, obesity materials etc.</p>								