



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

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## ASSOCIATIONS AND ORGANIZATIONS

**Action for Healthy Kids.** An offshoot of the Healthy Schools Summit, this organization offers valuable tools and resources for getting involved in children's fitness on state and local levels; contact [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

**American Academy of Pediatrics.** This professional organization offers a broad range of information on children's health, including advice on exercise. For more information, visit [www.aap.org](http://www.aap.org).

**American Fitness Alliance Youth Fitness Resource Center.** This center provides educational, assessment and training resources to enhance youth fitness; contact [www.americanfitness.net](http://www.americanfitness.net).

**Girls In Training.** A nonprofit organization, Girls In Training educates and empowers young girls to make healthy decisions and also teaches them a love for fitness. Programs focus on ways to build positive body image and self-esteem, proper nutrition, smoking prevention and fitness education; contact [www.girlsintraining.org](http://www.girlsintraining.org).

**Inner-City Games Foundation.** Inner-City Games provides opportunities for inner-city youth to participate in sports, educational, cultural and community enrichment programs; contact [www.innercitygames.org](http://www.innercitygames.org).

**International Food Information Council (IFIC) Foundation.** The educational arm of the IFIC, this foundation communicates science-based information on food safety and nutrition. There are many informative articles online, including "Helping Your Overweight Child" and "Moving to Prevent Childhood Obesity"; contact [www.ific.org](http://www.ific.org).

**Joy of Sports Foundation.** This nonprofit, tax-exempt organization uses sports and physical play to help children learn life skills and develop themselves fully in body, mind and spirit; contact [www.joyofsports.com](http://www.joyofsports.com).

**Kids Enjoy Exercise Now (K.E.E.N.) Foundation.** A nonprofit volunteer organization, K.E.E.N. provides free one-on-one recreational opportunities for children and young adults with mental and physical disabilities; contact [www.keenusa.org](http://www.keenusa.org).

**Melpomene Institute.** This pioneering organization teaches parents how to get their children involved in physical activity at the community level; contact (651) 642-1951 or [www.melpomene.org](http://www.melpomene.org).

**National School Fitness Foundation.** This foundation seeks to improve the overall level of health, wellness and fitness in the nation, particularly among

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school youth in grades K through 12. Schools that qualify receive free fitness equipment; contact [www.fitnessfoundation.org](http://www.fitnessfoundation.org).

**P.E.4Life.** A national, nonprofit advocacy organization, P.E.4Life serves as the collective voice for promoting quality, daily physical education programs for America's youth. Its Web site features a comprehensive community action kit; contact [www.pe4life.com](http://www.pe4life.com).

**President's Council on Physical Fitness and Sports.** The Council offers publications that focus on children's fitness. It also runs several motivational kids' fitness programs, including The Presidential Sports Award (a family fitness award is also available) and the new Presidential Active Lifestyle Award (which gives kids presidential recognition for 60 minutes of activity 5 days a week for 6 weeks); contact [www.fitness.gov](http://www.fitness.gov).

**R.E.S.H.A.P.E. America.** A national nonprofit organization, R.E.S.H.A.P.E. America focuses on reinstating elementary school health and education; contact [www.reshape.org](http://www.reshape.org).

**TV-Turnoff Network.** This nonprofit network seeks to promote healthier living by encouraging children and adults to watch less television; contact [www.tvturnoff.org](http://www.tvturnoff.org). ►