**Obesity Resources Gen Peds**

Community Resources

* SVdP Resource Center Services handout updated 3.10.21 (attached to email)
* St. Vincent de Paul family evening meal <https://www.stvincentdepaul.net/programs/dining-rooms/dining-room-locations/family-dining-room>
* Produce on Wheels POWWOW <http://www.borderlandsproducerescue.org/produce-on-wheels/>
* Resources area map for patients (attached to email)
* The Body Coach – PE with Joe: YouTube 30 minute PE/workout classes every day: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>
* Free Fitness Classes offered by the City of Phoenix. FitPhx: <https://www.phoenix.gov/parks/fitphx>

Tools/Resources

* Seasonal foods in Arizona: <https://www.azhealthzone.org/uploads/media/documents/harvest-calendar-final.pdf>
* Award winning healthy eating game for kids. Today I Ate a Rainbow website (information about the game): <http://todayiatearainbow.com/> . Kits can be purchased here: <http://pacificathleticsisle.com/product/rainbow-innovations-today-i-ate-a-rainbow-kit/>
* Healthier Fast-Food Options (attached)
* Healthy Snacks (attached)
* Sugary Drinks handout (attached)
* Cooking in Color Booklet (can be printed and provided to patients) – from the American Heart Association, includes a variety of healthy recipes.
* Referrals to nutrition clinic in GI (for patients with no metabolic syndrome)
* Down Dog – workout app Yoga, HIIT, Meditation, and Barre
* Cosmic Kids Yoga – YouTube channel <https://www.youtube.com/user/cosmickidsyoga>