

## **Related Links**

Department of Health and Human Services

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

Department of Agriculture

[www.mypyramid.gov](http://www.mypyramid.gov)

Parks and Recreation of San Diego County

<http://www.sandiego.gov/park-and-recreation/>

Action for Healthy Kids

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

FitnessGram

<http://www.cooperinst.org/ftginfo.asp>