

Nutrition and Physical Activity

Boys and Girls Clubs of Canada

The goal of all Boys and Girls Clubs in Canada is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

Contact Information:

Boys and Girls Clubs of Newfoundland and Labrador

PO BOX 20

49-55, Elizabeth Ave.

St. John's, NL A1A 1W8

Phone: (709) 722-5556

Fax: (709) 722-5576

Email: jmcisaac@nfld.net/Home: jmcisaac@nf.sympatico.ca

Source: <http://www.boysandgirlsclubsofnl.com>

Canada's Food Guide

Learning more about Canada's Food Guide will help the client and their family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

Canada's Food Guide can help you make wise food choices, whether you are eating at home, at school, at work or eating out. Explore tips and ideas on how to use Canada's Food Guide for: planning meals, shopping tips, reading food labels, fast and easy meal ideas, smart snacking, eating out, and counting food guide servings in the meal.

Contact Information:

Email: Food_Guide@hc-sc.gc.ca

Source: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Canadian Diabetes Association

The Canadian Diabetes Association offers a wide range of programs and services to help learn more about your condition and meet others living with it, through the website, print materials and the toll-free information line.

Contact Information:

Carol Ann Smith

29-31 Pippy Place, Suite 2007

St. John's, NL A1B 3X2

Phone: (709) 754-0953

Fax: (709) 754-0734

Email: carolann.smith@diabetes.ca

Source: www.diabetes.ca/section_regional/nfld.asp.

Dieticians of Canada

Dieticians of Canada lead and support members to promote health and well being through expertise in food and nutrition.

To see a list of dieticians in St. John's go to the following link:

http://www.dietitians.ca/ASP/find_dietitian/findadietitian.asp?cdrpspecial=Food+Labelling&hdrphealth=Any&ldrplanguage=Any&pdrpprovince=Newfoundland+%26+Labrador&sdrpservice=Any

Source: http://www.dietitians.ca/public/content/about_dc/mission_vision_values.asp

Go Healthy

Go Healthy is a website designed specifically for Newfoundlanders and Labradorians. You can test your knowledge with the Go Healthy Quiz, try a new Recipe or enter your name to sign up for a weekly e-z tip e-mail.

Visit the About Go Healthy section to find out more about what government is doing to support healthy living in the province and to see a list of some of the many partners who are involved in wellness.

In the section on Healthy Living information on what you should eat, getting active, living smoke free and how not to get hurt is available.

Learn about healthy living events happening in your local area or submit an activity to the Go Healthy Events Calendar when you visit the What's Happening section.

Contact Information:

Phone: (709) 729-4984 (They will help you find the right person to help you address your question.)

Email: gohealthy@gov.nl.ca

Source: <http://www.gohealthy.ca/goto/en.html>.

Kids Eat Smart

Kids Eat Smart Foundation Newfoundland and Labrador is a charitable organization that supports the education, health, and well-being of school children throughout Newfoundland and Labrador through support of quality nutrition programs.

The goal is to provide children with the nutrition they need to learn, to grow, and to be their best.

Kids Eat Smart Foundation offers a variety of supports to communities who operate, or who wish to operate nutrition programs with an academic component. Programs are run by volunteers, and operate most often at schools, but the Foundation also supports community centres with breakfast and/or homework. These programs are known as Kids Eat Smart Clubs.

Contact Information:

Kids Eat Smart Foundation

95 Bonaventure Place, P.O. Box 26009

St. John's, NL A1E 0A5

Phone: (709) 722-1996

Fax (709) 722-7250

Toll-Free: 1-877-722-1996

Email: meals@kidseatsmart.ca

Source: <http://www.kidseatsmart.ca/index.php?p=36>

Overeaters Anonymous

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; they are self-supporting through their own contributions, neither soliciting nor accepting outside donations. Overeaters Anonymous is not affiliated with any public or private organization, political movement, ideology or religious doctrine, they take no position on outside issues.

Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Please go to the following link for a meeting place:

http://www.oa.org/all_about_meetings_results.htm?method=1&State=NL&statePulldown=%2Findex.htm%3Fstate%3DNL&city=&day=&Submit=Search

Contact Information:

Phone: (709) 738-1742

Email: sponsor@overeaters.org.

Source: <http://www.oa.org>

Recreation Facilities

The City of St. John's offers its citizens a selection of recreation programs. The City takes pride in its efforts to encourage community development, social activities and active living opportunities for all its citizens. The following are a list of recreation facilities in St. John's:

Chalker Place Community Centre
47 Chalker Place
St. John's, NL A1A 1T6
Phone: (709) 754-7890

Wedgewood Park Recreation Centre
St. John's, NL
Phone: (709) 576-8155
Information Line: (709) 576-8631

St. John's Recreation Centre
St. John's, NL
Phone: (709) 576-0531

Rotary Sunshine Park- Chalet Bookings
St. John's, NL

Phone: (709) 576-8499

Chalet: (709) 895-3130

HGR Mews Community Centre-Information Line

St. John's, NL

Phone: (709) 576-8499

Schedule Line: (709) 576-8480

Kilbride Community Centre

St. John's, NL

Phone: (709) 368-0250

Shea Heights Community Centre

St. John's, NL

Phone: (709) 576-1023

E & M Community Centre

71 Eric Street

St. John's, NL A1E 4K2

Phone: (709) 576-7485

Froude Avenue Community Centre

89 Froude Avenue

St. John's, NL A1E 3B8

Phone: (709) 579-0763

Holiday Lanes 3D Bowling

27 Elizabeth Avenue

St. John's, NL A1A 1W6

Phone: (709) 754-0260

Northpoint Sports

42 O'Leary Avenue

St. John's, NL A1B 2C7

Phone: (709) 753-9911

Rabbittown Community Center

26 Graves Street

St. John's, NL A1B 3C5

Phone: (709) 739-8482

St. Phillips Recreation Centre

Thorburn Road

St. John's, NL A0A 3K0

Phone: (709) 895-3584

The Works
 Aquarena-Fitness Club
 St. John's, NL
 Phone: (709) 737-3796
 Field House-General Information
 Phone: (709) 737-3000
 Aquarena-Pool
 Phone: (709) 737-3799
 Aquarena-Recorded Information
 Phone: (709) 737-3797

Virginia Park Community Centre
 1134 Harding Road
 St. John's, NL A1A 3A8
 Phone: (709) 579-4534

Wallnuts Climbing Centre
 57 Old Pennywell Road
 St. John's, NL A1E 6A8
 Phone: (709) 579-9255

Source: <http://www.stjohns.ca/cityhall/depts/recreation.jsp>

YMCA

The YMCA's programs are offered at over 30 locations in Northeast Avalon. Their core programs include: health, fitness and recreation, employment and enterprise services children's services.

Contact information for services offered by the YMCA:

Health, Fitness, and Recreation
 St. John's Y Branch
 34 New Cove Road, PO Box 21291
 St. John's, NL A1A 5G6
 Phone: (709) 754-2960
 Fax: (709) 576-0410

Mount Pearl Y Branch
 25 Holden Street
 Mount Pearl, NL A1N 3G9
 Phone: (709) 748-1082
 Fax: (709) 748-1087

Children's Services
34 New Cove Road, PO Box 21291
St. John's, NL A1A 5G6
Phone: (709) 754-2962
Fax: (709) 576-0410

Employment and Enterprise Services
East End Employment and
Enterprise Services
W100-120 Torbay Road
St. John's, NL A1A 2G8
Phone: (709) 754-2982
Fax: (709) 754-2987

West End Employment and
Enterprise Services
401 Empire Avenue
St. John's, NL A1E 1H1
Phone: (709) 757-2665
Fax: (709) 757-2670

Source: <http://www.ynortheastavalon.com/home.php>