

# CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND

## TEENS GETTING HEALTHY

*These resources are not sponsored by or affiliated with Children's Hospital & Research Center Oakland. They are provided for your convenience. They are intended solely as general educational and support aids and do not substitute for professional advice and services from a qualified provider. Users of these resources assume all risks of doing so. Parents are responsible for determining their child(ren)'s access to any online resources and insuring their use of safe social networking practices.*



### **We're Fed Up**

Website that provides social networking. Created and maintained by 40 youth leaders from South Los Angeles and Baldwin Park who want to stop obesity, and promote healthier lifestyles.

**Web:** [www.werefedup.com](http://www.werefedup.com)

### **Starlight Children's Foundation, Get Fit Get Right**

Online reality show for youth who face the challenge of improving their eating and exercise habits. Youth learn exercise tips, how to eat low calorie meals, and how other youth lost weight.

**Web:** [www.getfitgetright.org](http://www.getfitgetright.org)

### **Webwalking USA Walking Program**

Go webwalking by chart your walking minutes, miles, or steps on a virtual walk across the USA on the American Discovery Trail.

**Web:** <http://walking.about.com/cs/measure/a/webwalkingusa.htm>

### **tudiabetes.org**

A community of people touched by diabetes, a program of the Diabetes Hands Foundation. A social network for support, education, and sharing the steps taken every day to stay healthy while living with this very serious condition, type 1 diabetes and type 2 diabetes.

**Web:** [tudiabetes.org](http://tudiabetes.org)



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### **ENDOCRINOLOGY/DIABETES CENTER**

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[www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org)

The hospital  
**100%**  
trained  
to care  
for kids