

Web Resources

- www.movemore.org
Nutrition and physical activity information for kids and families with links to other local and online resources
- www.bam.gov
"Body and Mind"
Interactive website for kids and families to learn about staying healthy
- www.mypyramid.gov
Valuable fitness and nutrition information for kids and families



For additional information and resources in your area please contact your local Healthy Maine Partnership

Greater Augusta

Healthy Communities of the
Capital Area
(207) 588-5012

Greater Waterville

Healthy Maine Partnership of
Greater Waterville
(207) 873-0686

Sebasticook Valley Region

Sebasticook Valley Healthy
Communities Coalition
(207) 487-3890

Somerset County

Greater Somerset Public Health
Collaborative
(207) 474-7473

Community Menu of Options



Exercise for Kids

Prepared and distributed by the Move
More Start Fit Stay Fit Committee
www.movemore.org/being_active/start_fit_stay_fit

Start Fit Stay Fit

Local Resources

○ KVCAP Healthy Families

A free home visiting program for first-time parents. Receive valuable developmental and parenting information from trained professionals

Contact: Kennebec Valley Community Action Program
Kennebec County:
1-800-542-8227 ext. 8517
Somerset County:
1-800-542-8227 ext. 2537
Web: www.kvcap.org



○ Move More

A local program to get families healthy and moving. Find safe walking areas near your home and fun groups to walk with

Phone: (207) 861-5275
Web: www.movemore.org

○ Move More Kids

Provides equipment including bikes and snowshoes for kids and families in the greater Somerset Country area to get active outside

Contact: Kristie LeBlanc at
Somerset Heart Health
Phone: (207) 474-7473 ext. 204
E-mail: kleblanc@rfgh.net
Web:
www.somersethearthealth.org/



○ Inside Out Playground

Provides a place for kids to learn through the power of play

Phone: (207) 877-7707
E-mail:
info@InsideOutPlayground.org
Web:
www.insideoutplayground.org
Address: 5 Appleton St.
Waterville, ME 04901



○ Running Club

8 week sessions during which participants will learn the benefits of running as well as how to supplement exercise with a healthy diet

Contact: Jamye Martin at the Alfond Youth Center
Phone: (207) 873-0684 ext. 203
E-mail: jmartin@alfondyouthcenter.org
Web: www.alfondyouthcenter.org

○ Move and Improve

12 week program to encourage all ages to get moving and enjoy it

Contact: Nicole Hammar at
Eastern Maine Healthcare Systems
Phone: 207-973-7245 or
E-mail: nhammar@emh.org

Notes: _____

