

## Fitness & Recreation Centers

### Poinsettia Rec Center\*

7341 Willoughby Ave, Los Angeles, 90046  
323-876-5014



### Plummer Park \*

7377 Santa Monica Blvd. West Hollywood, 90069  
323-848-6530

*Free Teen Center! – exercise class, activities, youth scholarship, wii, and more!*



### Hollywood Rec Center\*

1122 Cole Ave., Los Angeles, 90038  
323-467-6847



### Pan Pacific Park Recreation Center\*

7600 Beverly Blvd. Los Angeles, 90036  
323-939-8874



### Griffith Park\*

4730 Crystal Springs Dr. Los Angeles, 90027  
323-913-4688



### Runyon Canyon\*

2000 N. Fuller Ave., Los Angeles, 90046



*\*For more information on Los Angeles Parks visit: <http://www.laparks.org>*

#### Activities Key

- Basketball Court	- Biking Trail
- Baseball Diamond	- Swimming Pool
- Tennis Court	- Gym/ Exercise Equipment
- Soccer Field	- Walking/ Hiking Trails
- Football Field	- Zumba Classes

## Community Partners

### YMCA

1553 Schrader Blvd., Los Angeles, CA 90028  
Phone: (323) 467-4161  
Website: [www.yocala.org/hollywood](http://www.yocala.org/hollywood)

### Boys and Girls Club

850 N Cahuenga Blvd., Los Angeles, CA 90038  
Phone: (323) 467-2007  
Website: [www.facebook.com/bgchollywood](http://www.facebook.com/bgchollywood)

### Hollywood P.A.L. (Police Activities League)

*This organization provides martial arts, soccer, dance & hip-hop classes, and more! FREE!*  
1358 N. Wilcox Avenue Los Angeles, CA 90028  
Website: <http://hollywoodpal.org>

## Emergency Food Resources

### SOVA-Community Food and Resource Program

1140 N. La Brea Avenue, West Hollywood, CA 90038---(818)988-7682  
Food Distribution: M,T,W 10:00am-1:30pm & Sun 9:00am-12:00pm.  
Requirements: Proof of address, ID for parent, and ID/and or birth certificate for child.

### HOPE-NET Blessed Sacrament Church

6657 Sunset Blvd, Los Angeles, CA 90028  
(323)874-5577  
Food Distribution: Tuesday and Thursday, 4:00pm-6:00pm and Saturday, 9:00am-11:00am.  
Requirements: Walk-In service. Individuals are given a number and wait in line.

### Salvation Army Corps Community Center-Hollywood

5941 Hollywood Blvd, Los Angeles, CA 90028  
(323)960-0640  
Food Distribution: Thursday, 9:00am-11:00am  
Requirements: Walk in to apply. Need Picture ID, and bring own bag for food.

# HOLLYWOOD HIGH SCHOOL RESOURCE GUIDE

## HEALTHY EATING, ACTIVE LIVING

Healthy Eating, Active Living (HEAL) Program is an obesity prevention program at Hollywood High School. It provides support and guidance to students in order to improve their lives through physical activity and eating healthy

## Student Involvement

### F.A.M.E. Club

Students' goals are to get their peers to eat healthier and exercise more through outreach and events. Meet Wednesdays during lunch in Room 222.

### Environmental Club

Go green with the environmental club – help manage the school garden, promote environmental friendly habits and create a sustainable campus for everyone! Meet Tuesdays during lunch in room 226.

### L.A.C.E.R.

Learn about healthy lifestyles and get involved in various on campus programs

## Fitness Apps

**MyFitness Pal-** Keep track of caloric intake from foods and calories burned during workouts  
**Shopwell-** Create your own profile for grocery shopping based on health and dieting goals  
**Runkeeper-** Keep track of your miles and pace during running  
**Charity Miles-** Fitness app that donates money for every mile ran, walked, or biked  
**SworKit-** customize workouts based on the amount of time you have; no equipment necessary

## Healthy Options on Campus

### Dietician (Open on Thurs)

"Individual nutrition counseling is offered by a registered dietitian at the Hollywood Wellness Center to assist students achieve healthy nutritional habits. Athletes, students with dietary restrictions, and those in need of nutrition counseling are all welcome."

### Wellness Center

Open to all students for medical, sexual, nutritional, and mental health services. **Open on Mon./Wed./Thur./Fri. 8:30-3pm. See school nurse for appointment.**

### Wellness Council

Participate in planning and implementation of healthy eating, active living programs. Meet every **second Thursday of the month from 3:15-4:15 pm in Room 101**

### Weight Room

Get fit during lunch open - **Tu., Wed., & Th.**

### School Garden

Beautiful school garden with fresh fruit trees and herbs near the school library.

## Community Events

### Annual Rose Run Los Angeles

4730 Crystal Springs Dr Los Angeles, 90027  
October 4, 2015  
*5k/1k walk/run for families*

### A Rare Run

4730 Crystal Springs Dr Los Angeles, 90027  
October 17, 2015  
*8k run/walk*

### Griffith Park Half-Run Marathon

4730 Crystal Springs Dr Los Angeles, 90027  
January 24, 2016  
*Half-marathon through LA's most iconic park*  
LAUSD 5k Challenge & Health Festival  
Location: TBD  
Spring 2016

*\*For more information on these and other fun community events visit:*

<http://www.active.com/los-angeles-ca/running/5k>

## Healthy Community Options

### Hollywood Farmers' Market

Where: Corner of Hollywood Blvd. & Ivar Street

When: Every Sunday

Time: 8am -1pm

What goes on? Fun activities for kids, live music, and healthy produce being sold.

Website: <http://www.seela.org/hollywood-farmers-market/>

### California Chicken Cafe

6805 Melrose Ave. Los Angeles, 90038

Phone: (323) 461-7881

### Sharky's Woodfired Mexican Grill

1716 N. Cahuenga Blvd. Los Angeles, 90028

Phone: (323) 665-7842

### Zankou Chicken

5065 W. Sunset Blvd. Los Angeles, 90027

Phone: (323) 461-7881

### Pita on Vine

1253 Vine St. Los Angeles, 90038

Phone: (323) 468-9000

### Feast Kitchen and Grill

6282 Hollywood Blvd. Hollywood, 90028

Phone: (323) 462-7888

### Berry Que

6701-B Hollywood Blvd. Los Angeles, 90028

Phone: (323) 461-7881

### Chik-Fil-A-

Order grilled options for healthier choices

### In-N-Out-

Try a protein style burger! So delicious!

### Subway-

Leaner meats for meals & whole wheat bread

### Robeks-

Explore all their healthy options!

## Grocery Stores

### Fresh and Easy

7021 Hollywood Blvd., Suite 217 Los Angeles CA 90028

### Yucca Supermarket

1815 N Cahuenga Blvd., Los Angeles CA 90028

### Ralphs

7257 Sunset Blvd., Los Angeles, CA 90046

### Whole Foods

7871 Santa Monica Blvd., West Hollywood, CA 90046

### Trader Joe's

1600 N Vine St., Los Angeles CA 90028

## Fitness Options (Dance)

### Hollywood Dance Center

*Zumba with Michael Sanchez!*  
*Thurs. 7pm & Sat. 9am*  
*Call for schedule: (323) 202-0819*

817 Highland Ave, Los Angeles, CA 90038

Phone: (323) 467-0825

Website: [www.hollywooddancecenter.com](http://www.hollywooddancecenter.com)

### EDGE Performing Arts Center

*Jazz, ballet, Hip Hop, yoga, and more!*  
*\$13 drop in class*

817 N. Highland Ave., Los Angeles CA 90038

Phone: (323) 467-0825

Website: [www.edgepac.com](http://www.edgepac.com)

### International Dance Academy

*All ages and all levels!*  
*\$13 drop in class*

6755 Hollywood Blvd., Suite 200 Los Angeles, CA 90028

Phone: (323) 467-0825

Website: [www.edgepac.com](http://www.edgepac.com)