

NUTRITION RESOURCES

Nutrition Connections

UNH Cooperative Extension

Rockingham County: 1-800-248-6672

Strafford County: (603) 749-4445

www.extension.unh.edu (See “Nutrition Connection” under “Food & Nutrition” link.)

Provides nutrition and fitness education and support for income-eligible residents. Healthy eating on a budget. All ages. No fee.

Center for Health Enhancement University of New Hampshire

(603) 862-0248 • www.che.unh.edu

Nutrition, fitness, and health education and support. Services include body composition analysis, dietary analysis and counseling, health screenings, and a 10-week weight management program. Adults. Fee.

New Hampshire Dietetic Association

(603) 225-6603 • www.eatrightnh.org

Find a dietitian in your area as well as nutrition information and resources.

Weight Watchers of New Hampshire

1-800-651-6000

www.WeightWatchers.com

Weight loss and weight maintenance programs. Meetings, on-line program, and eTools. All ages. Fee.

Get Healthy, Be Active NH!

DHHS, Nutrition and Health Promotion

1-800-852-3345 ext 4551

www.dhhs.nh.gov/DHHS/NHP

Resources and activities designed to help people of all ages to achieve a healthy lifestyle through increased physical activity and healthy eating. No fee.

NUTRITION RESOURCES (continued)

TOPS (Taking Off Pounds Sensibly).

www.tops.org (Click on “Meetings”)

Non-profit, non-commercial weight-loss support group with weekly or monthly meetings. Private weigh-ins and educational programs. Teens & adults. Fee: \$2/month.

ACTIVITY RESOURCES

Fitness Centers with Pools:

Exeter Health and Fitness

64 Epping Road, Exeter

(603) 778-1818

Seacoast Family YMCA

550 Peverly Hill Road, Portsmouth

(603) 431-2334 • www.seacoastymca.org

Scholarships available.

Spinnaker Point Recreation Center

30 Spinnaker Way, Portsmouth

(603) 766-1483

www.cityofportsmouth.com/recreation

Portsmouth residents only. Low cost.

Gold’s Gym and Athletic Club

8 Greenleaf Woods Dr., Portsmouth

(603) 436-6664

www.goldsgym.com/portsmouthnh

Synergy Health & Fitness Center

7 Alumni Drive, Exeter

(603) 778-6777 • www.synergyfit.com

The Works Family Health & Fitness Center

246 Route 108, Somersworth

(603) 742-2163

www.TheWorksHealthClub.com

ACTIVITY RESOURCES (continued)

Fitness Centers without Pools:

Curves

1-800-754-7505

www.curvesinformation.com

Women's fitness centers located throughout the region. Offers a 30-minute workout that combines strength training and cardiovascular activity. Fee.

Planet Fitness

Portsmouth (603) 436-5797

Dover (603) 743-4653

Rochester (603) 335-8600

www.planetfitness.com

Inexpensive fitness center. Ages 13 and up. Three plans, with least expensive being \$10/month.

Pools:

Portsmouth Indoor Pool

50 Andrew Jarvis Drive, Portsmouth

(603) 427-1546

www.cityofportsmouth.com

Dover Indoor Pool

6 Washington St., Dover

(603) 516-6441

www.myrecdept.com/nh/dover/default2.asp

It is not the intent of The Step It Up Seacoast Coalition to endorse any particular health or fitness facility. Please follow your physician’s advice as to type of exercise you are able to participate in. The Yellow Pages have listings of facilities nearest you. (See “Health Clubs and Gymnasiums” section.)

RECREATION DEPARTMENTS

If necessary, follow links to “Recreation Department” or “Parks & Recreation.”

City of Portsmouth

(603) 766-1483

www.cityofportsmouth.com/recreation

Town of Rye

(603) 964-1516 • www.town.rye.nh.us

Town of New Castle

(603) 431-6710

www.newcastlenh.org/Town

Town of Newington

(603) 436-7640

www.newington.nh.us/recreation.htm

Town of Stratham

(603) 772-4741 • www.strathamnh.org

Town of Greenland

(603) 431-7111 • www.greenland-nh.com

City of Dover

(603) 516-6401

www.myrecdept.com/nh/dover/default2.asp

Town of Kittery

(207) 439-3800 • www.kittery.org

Town of Eliot

(207) 439-1817 • www.eliotmaine.org

Town of York

(207) 363-1040 • www.yorkmaine.org

Town of South Berwick

(207) 384-3306

www.southberwickmaine.org

(Click on Departments, then Recreation)

AREA HOSPITALS

Hospitals offer nutrition and physical activity programs. Many of these hospitals offer *Create Your Weight*, nine-week weight management programs for children and adults; a fee is charged. Check their websites or call for up-to-date information.

Exeter Hospital

1-800-439-3837 ext 6778
www.foreverday.com

Frisbie Memorial Hospital (Rochester)

(603) 332-5211
www.frisbiehospital.com

Portsmouth Regional Hospital

(603) 436-5110 ext 4972
www.portsmouthhospital.com

Wentworth Douglass Hospital (Dover)

(603) 742-5252 ext 2484
www.wdhospital.com

York Hospital

1- 877- 363-4321 ext 2368
www.yorkhospital.com

Users of this brochure are encouraged to use computer access at their public libraries.

Reference in these websites to any specific commercial products, process, service, manufacturer, or company is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by Step It Up Seacoast.

OTHER USEFUL WEB SITES

www.mypyramid.gov

USDA website provides information on nutrition and dietary guidelines. Create individualized eating plans based on sex, age and activity level. Available in Spanish.

www.fda.gov/loseweight

Food and Drug Administration web site provides information and resources on losing weight.

www.LightenUpNH.org

Lighten Up NH: Healthy Eating, Active Living. Health, nutrition and physical activity info and local resource guide.

www.walknh.org

Walk NH website for individuals, families, businesses, and other groups to encourage walking as part of a healthy lifestyle.

www.ffsh.org

Foundation for Seacoast Health website has information on Step It Up Seacoast activities, obesity resources and more.

www.extension.unh.edu

UNH Cooperative Extension website provides research-based information and education.

www.nhptv.org/livefitnh

NH Public Television project to encourage healthy eating and activity. Livefit Challenge, calendar of events, and NH resources.

www.AmericaontheMove.org

National movement that encourages making small changes to daily eating and activity choices. Personalized online resources and interactive tools.

STEP IT UP SEACOAST MEMBERS

- Alliance for Community Health
- Community Child Care Center
- Families First Health and Support Center
- Foundation for Seacoast Health
- Greater Portsmouth Public Health Network
- H2U at Portsmouth Regional Hospital
- Marni Nicolas, MD
- New Heights Teen Center
- Portsmouth School Department
- Seacoast Family YMCA
- Dixon Turner, MD
- UNH Cooperative Extension
- United Way of the Greater Seacoast

For more information about the Step It Up Seacoast coalition, visit www.StepItUpSeacoast.org.

Questions or comments?

Contact the Foundation for Seacoast Health at (603) 422-8200 or FFSH@CommunityCampus.org

Additional copies of this brochure can be downloaded at: www.StepItUpSeacoast.org



Nutrition and Fitness Resources in the Seacoast Region