

Why did you grow up to be a doctor?

Because I love taking care of kids like you.

Why?

I broke my leg once and couldn't swim all summer.

Why?

Because when I went to dunk the ball, I got dunked instead. That's why.



James Reingold, MD – Pediatric Emergency Medicine

Pediatric Emergency Medicine – just one of the many specialties at Cardon Children's Medical Center. Dr. Reingold knows how it feels to get hurt and miss out on all the fun. This understanding approach is just what you'll find with the many pediatric specialties at the new, state-of-the-art Cardon Children's Medical Center. Our colorful world is full of child-friendly amenities designed around the unique needs of kids. More importantly, you'll find pediatric specialists who have years of experience giving kids the individualized care they deserve. So they can get back to the action.



Banner Health

Cardon Children's
Medical Center

Watch personal stories from our care giving team at BannerHealth.com/WhyCardonChildrens.

Connect with us:



SHAPE UP ARIZONA!

AT A DAY OF PLAY



FUN!
FOR THE
ENTIRE
FAMILY



SHAPEUPUS.ORG
Building a Healthy Future



THANK YOU for Coming **Out to Chandler's Day of Play!**

The City of Chandler Community Services Department is proud to be a four-time winner of the Playful City USA award. City staff thanks you for being a part of this community that takes pride in promoting health, fitness and youth development activities!

The following Community Services Divisions provided activities at this fourth annual Day of Play at Tumbleweed Park. For more information on programs, activities and special events in Chandler throughout the year, call these numbers or visit the web sites below.

AQUATICS

480-782-2750 www.chandleraz.gov/aquatics

CENTER FOR THE ARTS

480-782-2680 www.chandlercenter.org

LIBRARIES

480-782-2800 www.chandlerlibrary.org

MUSEUMS

480-782-2717 www.chandleraz.gov/history

PARKS

480-782-2727 www.chandleraz.gov/parks

RECREATION

480-782-2727 www.chandleraz.gov/recreation

Sign up for the monthly e-newsletter at
www.chandleraz.gov/listserv!

Stay connected and follow us on **Facebook** (Chandler Recreation),
Twitter (@ChandlerRec) & **YouTube** (Chandler Recreation).



SHAPE UP US.ORG
Building a Healthy Future

THE SOLUTION FOR CHILDHOOD OBESITY!



Our Mission: A CIRCLE OF WELLNESS THAT WORKS...
Wellness Education that flows from teacher, to student, family and the community at large.

Our 3 Comprehensive Wellness Education Programs: Promote Healthy Living Habits that last a Lifetime

Program 1: **The Hip Hop Healthy Heart Program for Children™**

For K-6th grade Teachers, Students and Families

Program 2: **N.E.W. Product of C.H.O.I.C.E.**

A Middle and Secondary School Program

Program 3: **Shape Up US Live Events**

Free State-by-State Wellness Events that introduce Programs 1 and 2 and get thousands of participants on-board the wellness bandwagon.

www.ShapeUpUS.org

Celebrating what makes this community feel like home



Events like this remind us just how important our local communities are. Our friends and neighbors come to feel like our extended family.

We celebrate the Shape Up Arizona event.

wellsfargo.com

© 2010 Wells Fargo Bank, N.A.
All rights reserved.
Member FDIC. 122837 09/10



love your heart.

go red. anyway you want... eat red – apples, cherries, tomatoes. leave red kisses on someone's cheek. laugh so hard your face turns red. but whatever you do, do it for your heart. take a moment everyday and put your hand on your heart. and then make your own promise to be heart healthy.

www.goredforwomen.org
1-888-MY HEART



nationally sponsored by



©2007 American Heart Association. Also known as the Heart Fund. TM Go Red trademark of AHA, Red Dress trademark of DHHS.



Richard Shand, D.C.

(480) 895-3775

www.ApexChiroAZ.com

4960 S. Alma School Road, Suite 17 / Chandler, AZ

How long are you planning to suffer with...

Neck Pain



Fibromyalgia



Sciatica Pain



Back Pain



Headaches & Migraines



Peripheral Neuropathy



DOES YOUR BUSINESS
STAND OUT
FROM THE CROWD?

WELL, IT SHOULD. Actually, it MUST. And that's where Pink Ink Design Shop comes in.

Pink Ink Design Shop is a full-service graphic design firm, offering creative and professional solutions to your business image "blahs". We can help you with anything as small as a business card, as big as a billboard, as vast as the world wide web, and as important as a logo.

OFFERING THE FOLLOWING SERVICES:

- » Logo Design & Redesign
- » Print Advertisements
- » Marketing Collateral
- » Naming & Taglines
- » Office Forms
- » Direct Mail
- » Vehicle Wraps
- » Signage
- » Tradeshow Graphics
- » Product Packaging
- » Printing
- » Website Design
- » Online Advertisements
- » E-Newsletters

CALL TODAY FOR A FREE CONSULTATION!

PINKINK
DESIGN » SHOP

480.205.8012
Tara Hetzer, Owner



email: thegoods@pinkinkdesignshop.com

web: pinkinkdesignshop.com

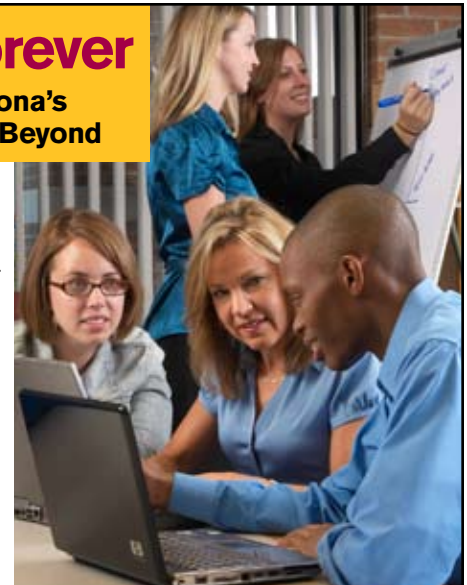
BEST Learning Forever

Professional Development for Arizona's K-12 Teachers, Administrators and Beyond

BEST Learning Forever provides professional development workshops for Arizona's K-12 teachers, representing the highest levels of instructional quality, accessibility and evidence-based professional practice.

About Us...

BEST Learning Forever is a professional development program for pre-service teachers, current K-12 teachers, and school leaders who seek high-quality professional development opportunities. A variety of workshops are offered to support educators as they grow professionally and all workshops award professional development clock hours towards state re-certification.



Contact us today for more information!

Michele Lefevre, Program Coordinator

(602) 496-0127

LearningForever@asu.edu ■ www.education.asu.edu/learningforever

ASU Mary Lou Fulton
Teachers College
ARIZONA STATE UNIVERSITY

Athletes 4 Awareness

Athletes 4 Awareness is an organization committed to raising awareness in the 4 main areas cancer, heart disease, diabetes, and healthy living through sports related events.

www.athletes4awareness.org



Call us (623)329-1472

THERE IS A NEW WAY TO TRAIN IN PHOENIX

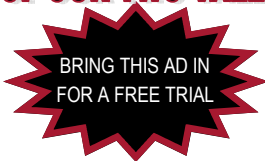


Athletic Republic is the leader in sports training. We can help athletes of any age get a competitive edge in any sport.

VISIT ONE OF OUR TWO VALLEY LOCATIONS



TEMPE LOCATION
480.598.3278



SCOTTSDALE LOCATION
480.503.8212

WWW.ATHLETICREPUBLICPHX.COM

ARIZONA'S 1ST. & ONLY HOCKEY TREADMILL



Shaping the Future of Healthcare

A.T. Still University has been educating exceptional and compassionate healthcare professionals for more than 118 years.

ATSU

A.T. STILL UNIVERSITY

5850 E. Still Circle
Mesa, AZ 85206
480.219.6000
www.atstu.edu



Arizona School of Dentistry & Oral Health



Arizona School of Health Sciences



School of Osteopathic Medicine in Arizona

SHAPE UP ARIZONA DAY OF PLAY

"The city streets will be filled with boys and girls playing there."

Zechariah 8:5



Southwestern College enthusiastically supports Shape Up Arizona and the Day of Play, a great opportunity for families to have fun, stay fit, and build a healthy future in mind, body, and spirit.

If your future includes applying to college, we invite you to spend a day with us as well. Individual visits can be scheduled by calling an Admissions Advisor, or you can register for EXPERIENCE Southwestern –one and two day visits designed to give college bound-students and their parents the opportunity to attend classes, meet current students, eat in the dining hall, learn about our athletic opportunities, and experience dorm life first hand.

Register online at www.swcaz.edu today or call an Admissions Advisor at 602-386-4100.



2625 East Cactus Road Phoenix, Arizona 85032
602-489-5300 / 800-247-2697 www.swcaz.edu



VIZA REALTY

Looking for a new pad? 

Need to sell your current home?

SHORT SALE EXPERTS
BANK OWNED HOMES



TRUSTEE AUCTIONS
INVESTOR SERVICES

602-492-HOME

Try our FREE online map based home search!



www.VizaRealty.com



www.ValleyBankOwnedHomes.com

Sportball

Sports instruction for kids

**FALL 2010
REGISTER ONLINE
NOW!**

Ages 16 months up to 12 years

Teaching the fundamental skills of floor hockey, baseball, basketball, football, soccer, tennis, volleyball and golf

Ask about Sportball at your nearest Recreation Center, Preschool or Elementary School enrichment program!



480.245.6818 • PHOENIX@SPORTBALL.US

VISIT US @ WWW.SPORTBALL.US

**SEVEN LOCATIONS
IN ARIZONA
SERVING UP
HEALTHY VALUES.
*Naturally!***

GREATER PHOENIX
Bell Rd. & 7th Ave
Camelback & Miller
Southern & McClintock

TUCSON
Broadway & Pantano
Speedway & Swan
1st Ave. & Wetmore

MARANA
River Rd. & Orange Grove



**Come experience our
Serious Food at Silly Prices.®**



-  Fresh Fruits & Vegetables
-  Natural Meats & Seafood
-  Healthy Groceries
-  Deli a Go-Go
-  Bulk Foods
-  Natural Living

www.SFMarkets.com



Azy is an experienced photographer with an eye for beautiful and unique photos of weddings, families, high schoolers, newborns, children of all ages and special events. She has a knack for capturing that special shot, that special look, that loving image you'll cherish forever.

Check out Azy online at

Azy's Photography

www.azphotovideo.com

Email: azy@azphotovideo.com

Tel: 480.922.7422



gothamcitymotors.com

BLACKER ORTHODONTICS



WWW.EXTREMESMILES.COM

3200 S. Alma School Rd., # 201 Chandler 480-917-7977
6200 S. McClintock Dr., #101 Tempe 480-839-6262

*BRING THIS AD IN FOR A
COMPLIMENTARY CONSULTATION AND \$300 OFF
COMPREHENSIVE ORTHODONTIC TREATMENT.*

NEW PATIENTS ONLY. CANNOT BE COMBINED WITH ANY OTHER OFFERS.
EXPIRES 11/30/2010



GRAND OPENING!

www.ChandlerBBQCo.com

Please come try one of our
MOUTH WATERING SPECIALS!

Buy One Entree
and Get One
FREE!

With purchase of 2 large drinks. Excludes ribs.

\$1 OFF
Any Lunch
or Dinner Plate

480.899.5600

2040 S. Alma School Rd.
(SW Corner of Alma School & Germann - Fry's Shopping Center)

We've got your weekend COVERED!

**nickelodeon
GETAWAY**
JW MARRIOTT™
DESERT RIDGE RESORT & SPA

The brand-new weekend destination
for your entire family.

- One deluxe resort room
- Character breakfast with SpongeBob SquarePants and Dora the Explorer
- Personalized turndown including SpongeBob or Dora Sleepover Kit
- Nick Live Poolside Shows and SPLAT ATTACK Games
- Nickelodeon style crafts and Dive-in movies

Package starting at \$239

www.NickelodeonGetaway.com

Ask about Party Time with Nick.
These themed parties are just right for any occasion. Features interactive games, character appearances, and slime!

Call 480-293-3710 and ask for Amanda

JW MARRIOTT
DESERT RIDGE RESORT & SPA
jwdesertridgeresort.com
480-293-5000

United States: © 2010 Viacom International Inc. All Rights Reserved. Nickelodeon and all related titles, logos and characters are trademarks of Viacom International Inc.

Marketing Planning Copywriting
 Media Buying Graphic Design
 Advertising Integrated Marketing
 Public Relations Branding
 Web Design
 Social Media
 Translations

SCHRAMM
 MARKETING CONCEPTS
 www.schramm-marketing.com

**THE FASTEST (and most fun)
 WAY TO THE BODY YOU DESERVE!**



Special Offer!* **3 SESSIONS for only \$19!**

SPARTAN BOOT CAMPS .COM
 Personal & Group Training
 Call today to Schedule!
480.330.0805

*First-time boot campers only. Limit 1 per customer. 3 sessions must be completed within 7 days. Offer expires 11.16.10.

“ALL ABOARD!”
 Chandler Unified School District
Community Programs

CLUB C.U.S.D.
 A World of Discovery
 Community classes
 5 year old - Adults

Lil' Express Learning Centers
 Nurturing and inspiring early childhood learning
 Infants - 4 year olds

Kids Express
 Providing quality
 before and after
 school child care
 K - 6 grades

Kindercademy & Preschool
 Taught by certified teachers
 Child centered & developmental
 3 - 4 year olds

Summer Academy
 Enrichment recovery and
 accelerated courses
 K - 12 grades

Your Enrichment Connection & More

Information & Registration at
CUSDcommunity.com
 480-224-3900

Chandler Festival Chick-fil-A **CATERS**
 healthy, delicious, & kid approved food!
 Enjoy a healthy-fun-alternative at your next
 event or party.
Chandler Festival Chick-fil-A would like to
 become your CATERING HEADQUARTERS

Call now to have your next special event,
 office party, or team builder catered by
Chandler Festival Chick-fil-A

Conveniently located just East of the 101 on
 Chandler Blvd.

Join us every Wednesday for kids night.
 Meet the cow & enjoy FREE activities from
 5:30 PM – 7:30 PM

Chick-fil-A has been voted the healthiest
 fast food restaurant for the past 10-years.

2550 West Chandler Blvd.
 Chandler, AZ 85224
 (480) 855-1555

Serving breakfast Mon-Sat
 6:00 AM – 10:30 AM



“Where understanding children's dental needs begins with understanding children.”



Providing children's dental & orthodontic care in Tempe since 1973.

Join our Facebook Fanpage!
Se habla Español

Mercedes Padilla, D.D.S.
Alan L. Longfellow, D.D.S.

7360 S. McClintock Drive
Tempe, AZ 85283

480-838-6949

ChildrensDentalVillage.net



CHANDLER PEDIATRICS

We take the time to listen to your child's needs and provide personal attention and individualized care.

We care for children from birth to 18 years of age, including:

Sick and Well Child Care • Autism • ADHD

Circumcision • Developmental Pediatrics • Ear Piercing

Immunizations & Vaccines (Routine and Foreign Travel)

Sports Physicals • Weight Management

Same day appointments available • Most insurances accepted

Call now to schedule your appointment!

480.782.5575 1850 W. Frye Rd., Suite 102, Chandler, 85224

SHAPE-UP

@ Rio Salado College

Rio knows that you have an active lifestyle, so we make college fit in your schedule.

- \$71/per credit hour *
- Textbook Savings Program – up to 50% off
- Transfer your classes to any university
- 24/7 helpdesk

48 Start Dates a Year!

www.riosalado.edu | 480-384-9962

*For Maricopa County residents

A Maricopa Community College.



Rio Salado College
Education Your Way



SHAPEUP ARIZONA
Building a Healthy Future

Shape Up Arizona and The Day of Play is a statewide celebration recognizing the importance of fitness, health, wellness and the holistic approach to a healthier lifestyle, mind, body and emotion. This event is for schools, teachers, children, families and the entire community. It is a statewide event!

Together WE CAN make an enormous impact on Arizona's health!

Saturday, October 16, 2010

8:00 a.m. to Noon

Tumbleweed Park

2250 S. McQueen Rd., Chandler, AZ 85244

FREE ADMISSION

SanTan Honda
SUPERSTORE
of Chandler

1150 S. Gilbert Rd. in Chandler
Just north of the SanTan (202) Freeway

480.285-2800

www.santanhonda.com



professional technology solutions

social media

social media. simplified.

If you are ready to really connect to your customers then welcome to PTS Social Media Solutions, where we will help you find the right way to do it. Our philosophy is to develop a strategic, functional and exciting way to improve the value of your brand and to empower your company to continue to grow.

<p style="text-align: center; font-weight: bold;">REGULARLY \$499/mo NOW \$399/mo</p>	<p style="text-align: right; font-weight: bold; font-size: 1.2em;">No set up fee!</p> <p>GOLD PACKAGE</p> <ul style="list-style-type: none"> • Create URL • Search Optimized WordPress Blog • 2 Professional Blogs per Week • 4 hours of Consultation per Month • Set-up and maintain 2 social networking sites • Create 1 In-house production video per month • Daily Brand Monitoring • Online Directory Listing • Yelp Profile Review • Once a week progress report on your account
--	---



15955 N. Dial Blvd, Suite 4 Scottsdale, AZ 85260 | 480-656-7235 | www.ptssocialmedia.com

Low-cal options. No-cal options. However-you- and-your-family- roll options.

There are people's tastes. And then there are people's taste buds. Satisfying both is why we offer such a wide range of low- and no-calorie options (150 in the U.S. alone), as well as portion-control packages, that can fit into a balanced diet and active lifestyle. Variety – it's just another thing we're doing to help make the world we all live in a little bit better. To learn more about what we're doing and why we're doing it, join us at livepositively.com



©2010 The Coca-Cola Company. ©2010 glacéau, glacéau®, vitaminwater®, bottle design and label are registered trademarks and vitaminwater zero™ is a trademark of glacéau. TRUVIA is a trademark of The Truvia Company L.L.C.

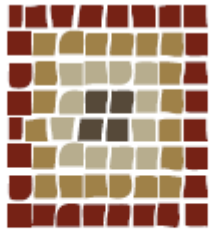
What does HOPE look like?



Hope looks like Eli and his mother, Mary Elizabeth.

Eli has Type 1 Diabetes and wants to be a doctor. He and his mother work to help raise awareness of the seriousness of the disease, the outstanding progress in scientific research and the need to accelerate the pace of this research, which will ultimately lead to a cure. To learn more about the latest Diabetes research, visit trials.jdrf.org





cornerstone
wellness center

At cornerstone wellness center we offer a variety of services:

- ❖ therapeutic massage
- ❖ chiropractic
- ❖ spinal rejuvenation therapy
- ❖ rehabilitation
- ❖ digital x-ray
- ❖ personal training
- ❖ yoga

We accept several insurance plans and also offer payment plans to accommodate any budget. We are located at 7227 E Baseline Rd Ste 106, Mesa, AZ 85209. Please call 480.832.5777 for more information and to schedule an appointment.

Mention this ad for a FREE 30 minute massage and chiropractic health evaluation!



Introducing kids' nutrition
that's easy to spot.

LOONEY TUNES, TM & © Warner Bros. Entertainment Inc. (USA)

Available at **SAFeway**

PORT OF SUBS

Sliced Fresh Sandwiches!

A Healthy Alternative!

Just \$1.99! Kids Meal

Includes a kids size sub,
bag of chips, drink & a treat.

PORT OF SUBS

Chandler • Gilbert • Mesa
Phoenix • Tempe

Expires 1/31/11. Valid only at participating Arizona location.
One coupon per customer per visit. Limit 4.

Try one of our
nine five inch
sandwiches
with five grams
of fat or less.



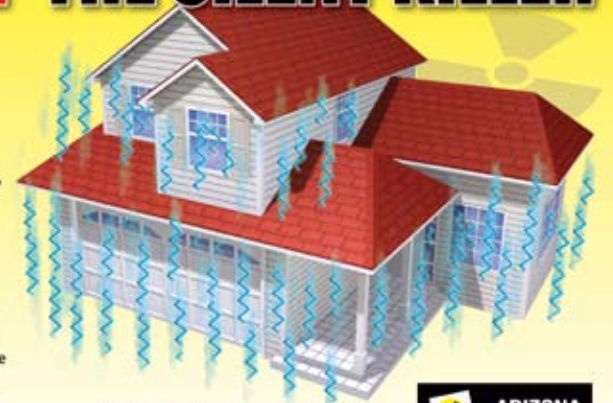
Visit www.portofsubs.com
to view a full menu &
nutritional guide.

RADON - THE SILENT KILLER



Gain peace of mind for you & your family
with a quick, affordable test.

- ❖ Exposure to High levels of Radon gas is the #1 Cause of Lung Cancer among non-smokers in the U.S., causing more than 22,000 deaths each year.
- ❖ The Environmental Protection Agency (EPA) warns that "1 in every 15 homes in Arizona may be at risk from excessive levels of Radon."
- ❖ Radon can strike any home - new, old, well-sealed, drafty, one-story, two-story, homes with or without basements. Radon gas is created by the decomposition of uranium in the soil beneath your home.



(480) 747-7871
www.ArizonaRadonBusters.com



Look Younger!
 Erase Fine Lines!
 Iron out wrinkles!
 Shrink pores!
 Rejuvenate your complexion!

WITH OUR NEWEST PRODUCT
 YOU CAN EXPERIENCE:

NATURAL ENERGY!
 MENTAL CLARITY!
 SEXUAL VITALITY!

Call us today to pre-order!
 Lance 602-697-9517
 Mick 602-695-7517

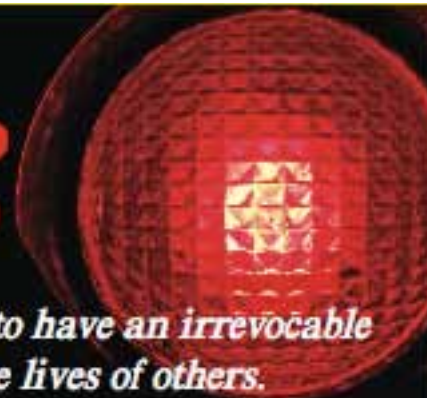
ANTI-AGING TREATMENT



ACNE TREATMENT



The traffic light is yellow.
**Do you STOP
 or speed up?**



It only takes one red light to have an irrevocable impact on your life and the lives of others.



Each year, red light running results in 218,000 crashes, over 900 deaths and 181,000 injuries, and causes immeasurable grief for the families affected.

Do your part to reduce red light running by slowing on yellow and stopping on red.

www.redmeansstop.org • 480-305-7900

WARNING



Picky Eaters, Beware!

Jan Katzen-Luchenta AMI CFP
 Children's Nutritionist
 Jordan Developmental Pediatrics
 (PHX)

Shape Up US • 602.370.4036

www.nutritionforlearning.com



Looking for a FUN way to celebrate your birthday, graduation, or special event?

**KANGOO
 CLUB ARIZONA**
 is the answer!

Book a *Kangoo Jumps Party* for your next special occasion!
 We can build special packages for your event from ages 8 to 80!

Contact Kyna for more information:

602.348.2330

w: kangooclubarizona.com | e: getfitwithkyna@gmail.com

FUN 4 KIDS
Party Rentals

ARIZONA'S #1 PREMIUM INFLATABLE BOUNCER SOURCE!
480-272-6286
www.fun4kidspartyrentals.com

My Gym Kids... Have a BLAST!

2 Free Weeks of Trial Classes
Offer expires 10/31/10.
Limit one coupon per child.

\$40 OFF
a Deluxe or Premier Birthday Party
May not be combined with any other offers. Expires 10/31/10.

my GYM
CHILDREN'S FITNESS CENTER®

My Gym Ahwatukee • ahwatukeemygym@aol.com • (480) 940-4967 • mygym.com
Parent & Me • Gymnastics • Fitness • Sports • Camps • Birthday Parties and more!

GAMES2U™ G2U.COM

MOBILE GAME THEATER & MORE **480.695.2548**

You are invited to have a Games2U Party !!

We bring state-of-the-art Mobile Video Game Theaters to your front door step.

It's perfect for:
Birthdays
Group Events
Clubs
Family Events
And More...

Call or email today to schedule your party!!
GregDNelson@cox.net

WHAT IS GAMES2U? We Bring State-of-the-art Mobile Video Game Theaters and Laser Tag to Your Doorstep for Parties and Events. Learn More at G2U.com.

Free* Flu Shots!
(At Listed Health Fair Only.)

When Feeling Great Can't Wait!
Busy Families and Individuals

Free Family Health Fair!
Saturday, October 16th: 10am-1pm
At NextCare: 600 S. Dobson Rd.
Chandler, AZ 85224
All Are Welcome!

- See an **experienced** and **compassionate** medical provider TODAY!
- Available **evenings** and **weekends** when you can't get in to see your regular doctor.
- **All major insurance is accepted**, including Medicare, Medicaid (AHCCCS) and Tricare, or a discount program is available.

NextCare®
URGENT CARE
1-888-705-8562
NextCareAz.com

TLC
pediatrics
Tender Late-Nite Care

BROUGHT TO YOU BY
NextCare
URGENT CARE

Open 8am-2am
7 Days A Week
600 S. Dobson Rd.
Chandler, AZ 85224

*Call to confirm vaccine availability. Free shots available to first 100 participants ages 4 and older. Offer subject to change; valid at all NextCare locations. Not valid in conjunction with any other offer or discount. Not eligible to enrollees/members of governmental health plans (e.g., Medicare, Medicaid). Code: ADJ PT Coupon

Arizona's News-Talk Leader



IMUS IN THE MORNING
Mornings



THE LAURA INGRAHAM SHOW
Mornings



THE NEAL BOORTZ SHOW
Mid-Mornings



THE DR. LAURA PROGRAM
Mid-Days



THE LOU DOBBS SHOW
Afternoons



To advertise, host a show, or for more information
call: (602)-277-1100 or visit: www.1100kfnx.com

2010 International Summer Games

June 18th -20th

- | | |
|------------------|-----------------|
| Adventure Racing | Judo |
| Arm Wrestling | Karate |
| Badminton | Racquetball |
| Baseball | Shooting |
| Basketball | Softball |
| Baton Twirling | Squash |
| Bean Bag | Swimming |
| BMX | Synchro Swim |
| Bowling | Table Tennis |
| Diving | Tennis |
| Dodgeball | Track & Field |
| Flag Football | Volleyball Sand |
| Golf | Weightlifting |
| Gymnastics | Wiffleball |
| | Wrestling |

Pick up Entry Book at any U.S Bank, Sleep America store, Keller Williams Realty or Mountainside Fitness club location statewide.



HOW TO REGISTER:

Visit our website: www.gcs.org
Or Mail Entry Form and Fee to:
Grand Canyon State Games
2120 East 6th Street #4, Tempe, AZ 85281
Phone: (480) 517-9700 Fax: (480) 517-9739



momslike  .com

IT'S LIKE ONE BIG PLAYGROUP. JUST FOR MOMS.

MomsLikeMe.com is an online community of moms just like you - and best of all - moms who live near you. Created for and by moms, it's a special destination where you can connect locally and totally be yourself. New moms. Working moms. Stay-at-home moms. Work-from-home moms. And here, moms take on just about everything from pediatricians to potty-training to politics. It's where moms share stories. Swap advice. Speak their minds. Make new friends. Even make plans to meet up live. Isn't it time you had a place like this to call your very own? **Join the conversation today.**




GOLD MEDAL GYMNASTICS

TEMPE & CHANDLER

- PRE-SCHOOL GYMNASTICS
- RECREATIONAL GYMNASTICS
- COMPETITIVE GYMNASTICS
- CHEER & TUMBLING
- TRAMPOLINE
- BIRTHDAY PARTIES
- SPECIAL EVENTS
- AND MORE!

480.857.7335
www.GoldMedalGym.com

Imagine Prep at Superstition...

Empowering students for success by offering a *tuition-free* college prep education.



- Free tuition for 7-12 grade students
- Dual enrollment at Central Arizona Community College
- Sports, clubs, and enrichment opportunities
- Performing arts, dance, show choir, music, and drama
- Bus transportation throughout the East Valley
- Accredited by NCA/AdvancED
- State-of-the-art Smart Labs and technology-enriched learning

Discover for yourself how empowering education can be!



ImaginePrep.com • 480-355-0530

1843 W. 16th Ave., Apache Junction, AZ 85220

A college prep public charter school serving grades 7-12

Get to the Heart of the Matter

Comprehensive Cardiology Care is Waiting for You

Cardiovascular diseases are the No. 1 cause of death in the United States. Heart Sciences Center can provide you with options above and beyond the standard of care.

We specialize in:

- Heart Attack
- Coronary Artery Disease
- Chronic Chest Pain
- Heart Failure
- New Cardiac Stent & Assist Devices
- Adult Stem Cell Research & Transplantation to Potentially Treat Heart Attack & Heart failure
- Personalized Medicine & Genetic Testing on Coumadin, Plavix, Aspirin & Lipid

Heart Sciences Center is improving quality of life and survival for patients with cardiovascular disease.

Call Megan McCarthy, MSN, NP-C, Adult Nurse Practitioner at (480) 612-0400 to schedule your appointment today!

Visit our Web site to receive a FREE guide to a heart healthy life!



HEART SCIENCES CENTER

3420 South Mercy Road, Suite 312
Gilbert, Arizona 85297
Phone: (480) 612.0400
www.heartsciencescenter.com



Nabil Dib, MD, MSc, FACC

Accent Entertainment

Call for availability and booking!

Serving the Valley for 59 years!

ENTERTAINERS WANTED

Poker & Slot Tournaments!

Specializing In:
Conventions
Graduations
Picnics
Hospitality Suites
Private Parties
Theme Parties
Trade Shows

Theme Parties:
Circus
Carnival Nights
Casino Nights
Western
Beach Parties
Mexican
Hawaiian
Moroccan
Far East
Era Parties

Equipment:
Inflatables
Interactives
Sky Dancers
High Striker
Dunk Tank
Fun Foods
Shaved Ice
Cotton Candy
Rodeo Roper
Air Balloons
Photo Board
Wheel of Fortune
Antique Bikes

Entertainers:
Clown
Dancers
Jugglers
Magicians
Stilt Walkers
Caricaturists
Comedians
Fortune Tellers
Disc Jockeys
Impersonators
Mimes

Giant Slide

Caricaturist

ACCENT ENTERTAINMENT

480-588-3313

www.accentaz.com

www.slots2u.com

Serving ALL of your entertainment needs.

TM

KANGEN WATER

Enjoy the World's Healthiest Water

at "Shape Up Arizona"

KANGEN PROUD SPONSOR

For more information visit www.azkangen.com

or call Larry at 480-588-3313

We've taken care of children every day for over 40 years.



 La Petite
ACADEMY.
www.lapetite.com

Established in 1968, La Petite Academy® offers perspective and insight like few others. Pioneers in the field, we are a leader in programs that encourage well-rounded, educated children — ages 6 weeks to 12 years — through our Journey® Curriculum.

Let your journey begin today.

Ask about our special fall promotions.

2200 N. Alma School Road, Chandler • 480-963-0075

700 S. Islands Dr. West, Gilbert • 480-497-2688

3100 S. Gilbert Road, Chandler • 480-802-0688

Natural Health & Wellness



Natural Awakenings is a free monthly magazine dedicated to health and wellness, fitness, nutrition, holistic healing and much more. It is available at more than 500 locations across the Valley.

www.NaturalAz.com



Healthy U offers a refreshing new approach to health, beauty, and fitness where Rachel Ray meets Dr. OZ meets Jack LaLane meets Heidi Klum.

Healthy U is a fun, simple platform teaching our Arizona audience how to make changes that fit “U”r lifestyle. All ages and fitness levels will benefit from Jason’s & Mary’s years of research and practice in the health and fitness fields.

Both Jason & Mary are passionate about helping Arizonans of all age levels reach their goals and maintain them!

HealthyUtvShow.com

2733 N. Power Rd. Suite 102-261 Mesa AZ 85215

Contact: 800.801.3755 or find Healthy U on Facebook



THE PLAY FACTORY

THE ULTIMATE PLAYGROUND!

There is always something exciting going on at **THE PLAY FACTORY!** Our doors are open 7 days a week to provide Arizona families with tons of fun and adventure that is safe for children of ALL ages.

THE PLAY FACTORY experience creates unforgettable memories and builds lasting relationships as young families come together from all over to celebrate great times! We look forward to seeing you soon.

SPECIAL EVENTS!

PARENT'S NIGHT OUT "The Perfect Escape"

- * Every Friday & Saturday from 6:00pm - 11:00pm
- * \$25 per child (must be potty trained, pizza/snacks and juice included)

MOM'S DROP & SHOP "Because YOU Deserve It!"

- * Every Tuesday & Thursday from 10:00am - 1:00pm
- * \$25 per child (must be potty trained, snacks & drinks included)
- * Advanced Reservation Required

PF's ULTIMATE PRIVATE SLEEPOVER PARTY

"Yup! We Do Them! And They Rock!"

- * Every Saturday Night starting at 7:00pm till Sunday 8:00am - \$999
- * Dinner and Breakfast Included; invite up to 12 friends, Ages 5 and up only!
- * Watch a movie, play games, win prizes!

BOUNCEHOUSE RENTALS

We are the brand name you can trust!

We'll bring the party right into your own backyard!

- * Rent our inflatables and concessions for birthday parties, church groups, fundraisers, corporate or promotional events, school fairs, and block parties
- * Check our website or in-store for pricing.
- * Discount available on fundraising events and multiple rentals.
- * We Deliver Valleywide!

PARTY TIME!

Monday - Friday \$225
Saturday - Sunday - Holidays \$275

Party Package includes:

- * Invite up to 25 friends, \$10 each additional child
- * 1 Hour 15 minutes of playtime!
- * 45 minutes in your own PRIVATE decorated party room with staff!
- * FREE invitations, paper products and balloons
- * FREE Play Factory T-Shirt & Play Pass for the birthday child
- * Play Factory's Awesome Party Favors \$4.50/child

Food Options: We Set It Up, Serve It Up & Clean It Up!

\$2.95/child includes pizza (cheese only) and a juice box or water
Pizza for adults available by the pie at menu price
All Coca-Cola Products available on site for your convenience
Bring your own cake /cupcakes (refrigerator/freezer available on site)

OPEN PLAY! \$9

No Sessions, EVER! We Go All Day!

- * Monday - Sunday: 10:00am - 6:00pm
- * Summers: 9:00am - 6:00pm (June 1st- Aug 31st)
- * Ages walking and above
- * 13 years and older always play free
- * Discounts for Mom's Groups with 10+ kids
- * Ask about our **JUMPCLUB KIDS MEMBERSHIP PROGRAM** (unlimited access, unlimited fun!)

CHANDLER

480-883-1502

4180 S. Arizona Avenue, Suite#3 - Chandler, AZ 85248

www.playfactoryparty.com

Ask about our **JUMPCLUB**

Kids Program, a monthly membership that gives you

UNLIMITED ACCESS all month long!

Franchise Opportunities Available Nationwide. Reserve your territory NOW!



Just Jump is a 501 c 3 non profit organization participating in the exciting sport of jump rope!
We provide a myriad of healthy opportunities for those who want to get fit, increase overall physical capabilities or just want to jump for fun!

Donations Accepted and Appreciated

We are proud to have been the American Heart Association demonstration team in Arizona for 9 years. We volunteered our time giving performances and speaking to youth about the benefits of maintaining a healthy heart.



Health benefits of jumping rope:

You can do it anywhere **It requires minimal equipment and space **

It burns major calories **It'll make you more agile

Not only does rope jumping burn calories and fat, it also tones the cardiovascular system and builds agility, coordination and endurance. Even though the first few days of jumping rope can be a challenge especially if you haven't done it since childhood, you'll be amazed at how much more agile you'll become if you stick with it.



WWW.JUSTJUMP.info



Kelvin

Kelvin Photographer
kelvinphotographer.com
(480)330-8256

Jason's Deli Welcomes You

Jason's Deli is an award-winning restaurant serving 'deli'cious variety. Food for all tastes and something good for everyone...20+ menu items have at least one USDA certified organic ingredient.

Meats and cheeses are sliced fresh daily.

Family recipes are made in deli kitchens.

Fresh produce is delivered

to delis 6 days a week. Jason's Deli offers

30+ sandwiches, original-recipe soups, vegetarian selections, value-priced kid meals, manager's half-sandwich special, the Famous Salad Bar and FREE ice cream.

Open daily in the Phoenix area.

Dine in/take out/catering/delivery.

Recognized by *Health* and *Parents* magazines.

jasonsdeli.com



Cooper & Baseline • 480-813-1358

Frye & Chandler Village • 480-812-2892

Peoria & 28th • 602-870-8611

Bell & 79th • 623-412-7940

GONE GREEN?

MAKE IT OFFICIAL.
JOIN THE GREEN EVOLUTION.

The Phoenix Green Chamber of Commerce is a non-profit organization dedicated to promoting businesses committed to environmental and social responsibility.

To inquire about membership, call 602-682-5566 or visit www.phoenixgreenchamber.org



Born Winners, Trained to be Champions!

480.612.3380 | www.thorobredwc.com



22050 E Queen Creek Rd Queen Creek, AZ 85242

Mon-Sat 9am - 9pm

Birthday & Team Parties



(480) 677-2372

www.thebfsc.com

Rental

Youth & Adult Sports Leagues
Soccer - Volleyball - Inline-Roller Hockey
Flag Football - Dodgeball - Basketball

Drop-in

Fitness Center - Pro Shop - Snack Bar

Come play at "The BARN"!



ClubdelSport

Proud Sponsor of the 1st Annual Fit City Chandler 5K!

NO DUES until Opening Day
Plus, \$1 enrollment NOW*

Health Coaches | Cooking Classes
Yoga | Personal Training | Meal Planning
20k sq. ft. of the latest cardio & strength equipment
iPod docks & personal TVs at each station

Flagship
Location
Coming to
Chandler!

ClubdelSport.com
480.422.2008

1870 W. Germann Rd, Chandler, AZ 85286
NE Corner of Dobson/Germann in the Shops at Pecos Ranch

*Call for details. Mention "Shape Up" and get a FREE Bionic Band.

Give a little time... make a big difference. Dé un poco de su tiempo...y haga una gran diferencia.



SUPPORT
OUR
CHILDREN



APOYE A
NUESTROS
NIÑOS



Do you have
children under 6?
WE NEED YOU!

Families will receive a
complimentary gift for participating

¿Tiene usted niños
menores de seis años?
¡LOS NECESITAMOS!

Familias recibirán un regalo
por su participación

1-888-704-8774

lcsa@email.arizona.edu

www.ftfee.arizona.edu

Supported by the Arizona Early Childhood Development and Health Board - First Things First

FIRST THINGS FIRST EXTERNAL EVALUATION
LONGITUDINAL CHILD STUDY OF ARIZONA



(480)659-2000

www.adjustamerica.com



- Corrective Chiropractic Care
- Licensed Massage Therapist
- Exercise Counseling
- Nutrition Counseling
- Hot Stone Massage
- Prenatal Massage
- Personal Injury

1050 E. Ray Rd, 4A Chandler, AZ 85225



Crossroads Towne Center
Loop 202 & Gilbert Rd



Try our healthful meal choices,
under 500 calories!

- * Chargrilled Chicken Salad, Small bowl of Hearty Breast of Chicken Soup, Diet Lemonade=340 calories
- * Chicken Sandwich without butter, Side Salad, Unsweet Tea=470 calories
- * Chargrilled Chicken Cool Wrap, Fruit Cup, Unsweet Tea=480 calories

Stay Connected:

Find us on Facebook:

Facebook.com/cfacrossroads

Twitter: twitter.com/cfachandler

Twitter.com/cfachandler

SHAPE UP ARIZONA!

at
Chandler's
Day of Play

PRESENTED BY



EVENT SITE MAP

- | | |
|--|---|
| 1. Information Booth | 28. Children's Dental Village |
| 2. Chandler Police Department | 29. Blacker Orthodontist |
| 3. San Tan Honda | 30. AT Still University |
| 4. Bat Mobile | 31. Pitta Souvli |
| 5. Games2U | 32. Art Rock Studio |
| 6. Driving MBA | 33. Grady Hansen, State Farm |
| 7. Chandler Fire Department | 34. Heart Sciences Center |
| 8. Playful City Stage | 35. KFNX 1100 |
| 9. Chandler Unified School District | 36. Performance One Weight Training |
| 10. Chandler BBQ | 37. Viza Reality |
| 11. Arizona State University | 38. Kangoo Club |
| 12. Bear Creek Golf Complex | 39. Chiropractic USA |
| 13. ICAN | 40. Safeway |
| 14. Gold Medal Gym | 41. Azy's Photography |
| 15. Cornerstone Chiropractic | 42. Dora the Explorer/ SpongeBob Square Pants |
| 16. Chick-Fil-A | 43. Kidscards Arizona |
| 17. Play Factory | 44. Back Fit Chiropractic |
| 18. Kangen Water | 45. Z-Ultimate Self Defense Studios |
| 19. Fun4Kids Party Rentals | 46. Falcon Family Eye Care |
| 20. Michaels | 47. Sunflower |
| 21. Club del Sport | 48. Healthy U TV Show |
| 22. Powerade | 49. Discovery Toys |
| 23. Live Positively - Coca Cola | 50. Arizona Adoption & Foster Care |
| 24. Spartan Boot Camp | 51. Boot Camp Babes |
| 25. My Gym | 52. Raising Kids |
| 26. Imagine Preparatory at Superstitions | |
| 27. Shape Up US Stage | |



- | | | |
|--|--|--|
| 53. Chick-Fil-A Chandler Festival | 70-78. Arizona Holistic Chamber | 95. Chandler/Gilbert YMCA |
| 54. Desert Shores Pediatrics | 79. Phoenix Green Chamber of Commerce | 96. BounceU Gilbert |
| 55. COC Water Conservation | 80. Crohn's & Colitis Foundation of America | 97. City of Chandler- Environmental Education Center |
| 56. "Ask the Nutritionist" | 81. LaPetite Academy | 98. Cardon Children's Medical Center |
| 57. Apex Chiropractic | 82. Wellhome | 99. Barns |
| 58. HCG Loser | 83. Port of Subs | 100. Gold Medal Gym |
| 59. Rio Salado College | 84. Swim Kids USA | 101. City of Chandler Library |
| 60. Wells Fargo | 85. Athletes4Awareness | 102. City of Chandler- Community Center |
| 61. AZ Velocity & Coba Cobras Jump Rope Team | 86. Chandler-Gilbert Community College | 103. City of Chandler Museum |
| 62. Athletic Republic | 87. Games2U | 104. City of Chandler Aquatics |
| 63. Chandler Pediatrics | 88. Vans Golf | 105. Chandler Center for the Arts |
| 64. Southwestern College/Grand Canyon State Games | 89. 101.5 FM | 106. Juvenile Diabetes Research Foundation |
| 65. Professional Technology Solutions | 90. Thorobred Wrestling Club | 107. Apex Chiropractic Dr. Shand |
| 66. American Heart Association | 91. Sportball | 108. Stone-X-Pressions |
| 67. Chandler Regional/Mercy Gilbert Medical Center | 92. City of Chandler- Tumbleweed Recreation Center | 109. Shape Up US |
| 68. Chandler Jaycees | 93. Foothills Sports Medicine | |
| 69. Chandler Parks, Buildings & Facilities | 94. Wil Power Challenge | |

PLAYFUL CITY STAGE (#8)

- 8:15-8:35 a.m. ASU Cheerleaders
- 8:45-9:05 a.m. Bracken School of Irish Dance
- 9:15-9:35 a.m. Aikido of Phoenix-Martial Arts
- 9:45-10:05 a.m. Jennifer Boop
- 10:15-10:35 a.m. Sportsball Phoenix
- 10:45-11:05 a.m. Jumping with Kangoo Club Arizona
- 11:15-11:35 a.m. Gymnastics

SHAPE UP US STAGE (#27)

- 8-8:30 a.m. Darnell Hill
- 8:30-9 a.m. Imagine Prep Performing Arts
- 9-9:30 a.m. AZ Velocity & Coba Cobras Jump Rope Team
- 9:30-10 a.m. Gold Medal Gym Amanda Bordon
- 10-10:30 a.m. Karate Peaceful Warrior
- 10:30-11 a.m. The Dance Loft
- 11-11:30 a.m. Mascot Olympics
- 11:30 a.m.-Noon Eric James

SPONSORED BY