





Physical Activity Resources

Physical Activity Resources sample (photocopy or use editable CD version)

If you want to...	Talk to...	Information you should know...	Benefits...
<p>Exercise at a local park or trail</p> 	<p>(Name and number of contact person for Parks & Recreation Department)</p> <hr/> <hr/> <p>(Name and number of local Rails to Trails representative)</p> <hr/> <hr/> <hr/> <hr/>	<p>(Names, locations, and amenities of a few popular parks)</p> <hr/> <hr/> <p>(Where and when local walking groups meet)</p> <hr/> <hr/> <p>(Names, locations, and lengths of a few local trails)</p> <hr/> <hr/>	<p>The whole family can exercise together!</p> 
<p>Start a walking program</p> 	<p>(Mall walking contact name and number)</p> <hr/> <hr/> <p>(Name and number of contact person for schools that allow the public to use their facilities)</p> <hr/> <hr/> <p>(Name and number of contact person for neighborhood walking groups)</p> <hr/> <hr/> <hr/> <hr/>	<p>(Mall name and location)</p> <hr/> <hr/> <p>(Hours the mall is open for walking program benefits)</p> <hr/> <hr/> <p>(School facilities and locations and days/hours open to the public)</p> <hr/> <hr/> <p>(Days/times/starting points for neighborhood walking groups)</p> <hr/> <hr/>	<p>You can walk in the mall, alone or with a group of friends, when the weather is bad.</p> <p>You can easily track your mileage by walking at a school track.</p> <p>If a group does not already walk in your community, start one yourself!</p>
<p>Exercise at an affordable gym</p> 	<p>(Name and number of contact person at local YWCA or YMCA)</p> <hr/> <hr/> <p>(Name and number of contact person at community gym)</p> <hr/> <hr/> <p>(Name and number of contact person at senior center)</p> <hr/> <hr/>	<p>For all facilities:</p> <ul style="list-style-type: none"> • Location <hr/> <hr/> <ul style="list-style-type: none"> • Regular fees and possible reduced fees <hr/> <hr/> <ul style="list-style-type: none"> • Activities and programs offered <hr/> <hr/>	<p>Many facilities offer classes and equipment at low or no cost, and some gyms will lower or waive introductory membership fees.</p>
<p>Other physical activity resources</p>	<hr/> <hr/>	<hr/> <hr/>	