

ARLINGTON, A Hearts n♥Parks COMMUNITY

What is Hearts n♥Parks?

■ **Hearts n♥Parks** is an exciting new national program sponsored by the National Heart, Lung and Blood Institute (NHLBI) and the National Recreation and Parks Association, (NRPA).

- ♥ The goal of the program is to create model community-based programs to increase the number of children and adults who engage in heart-healthy behaviors.

Why Arlington?

- ♥ Arlington County's Department of Parks, Recreation and Community Resources is honored to be hand selected as a pilot site before the program is launched nationally in July 2000.
- ♥ Arlington was selected because NHLBI and the Surgeon General's Office recognize the many ways that community parks and recreation programs positively affect the well being of people.

- ♥ We are proud to offer programs that demonstrate Arlington as A **Hearts n♥Parks Community!**

What is the Arlington Department of Parks, Recreation and Community Resources Doing to Promote Hearts n♥Parks?

- ♥ Kids in the *elementary after school and playground camp programs* as well as mature adults in the senior adult *programs* are participating in more physical activities while learning about the importance of a healthy diet.
- ♥ The **Hearts n♥Parks** logo will be found on trail maps, mile markers, and other promotional materials for programs and facilities that offer heart healthy activities.
- ♥ The Recreation and Leisure class catalog will promote a series of heart healthy classes in the Fall of 2000.
- ♥ *Thomas Jefferson Community Center and Barcroft Sport and Fitness Center* will be flagship sites for **Hearts n♥Parks**, offering a safe and affordable place to be active.

What can Arlingtonians do to promote Heart Healthy Behaviors?

- ♥ These simple tips will help control body weight, prevent/control obesity, high blood pressure, and high cholesterol, which are major risk factors for cardiovascular disease:
- ♥ Get regular physical activity - You need to engage in only about 30 minutes of moderate-level activity on and most--and preferably all-- days of the week.
- ♥ Choose a diet that is low in saturated and total fat, and cholesterol.
- ♥ Follow an *eating plan* that balances calorie intake with your level of physical activity. This is the key to maintaining a healthy body weight, or even losing weight if you are overweight.



Recreation and Community Resources?

- ♥ For information about the Arlington County Department of Parks, Recreation and Community Resources, please visit our web site at www.co.arlington.va.us. Pick up a copy of the latest Recreation and Leisure Catalog at your local library or community center. Call 703-228-4747 (voice), 703-228-4743 (TTY) to register or request information to be mailed.

Where can I find more information about the **Hearts n♥Parks** program in Arlington?

- ♥ Please call Jennifer Blau, Wellness Programmer, at 703-228-5934

Where can I find more information about the Arlington County Department of Parks,

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