



Getting active. Having fun.

PHYSICAL ACTIVITY RESOURCES

Daily physical activity reduces your chance of developing heart disease, diabetes, and cancer, while improving your mood, stress level and ability to concentrate. Visit www.activitytree.com to find activities by zip code for you, your friends or family.

Kaiser Permanente Resources

- For a complete listing visit www.kp.org/fitness, www.everybodywalk.org or www.kphealthyme.com
- Classes including Yoga, Pilates, Tai Chi, Chi Gung to schedule call **303-614-1010**
- Electronic coaching and exercise program www.weighandwin.com

Enjoy the Outdoors

- Locate parks and recreational centers <http://www.letsmove.gov/lets-move-outside>
- Locate bicycle trails in the state <http://bicyclecolo.org/articles/colorado-community-bicycle-maps-on-line-pg626.htm>
- Plug in your zip code for parks near you. www.nwf.org/naturefind
- Locate playspaces for children <http://playspacefinder.kaboom.org/playspaces?sort=distance>



Ditch the car

Go green: walk or bike to work, school and other destinations.

www.coloradodot.info/programs/bikeped

SilverSneakers®

Senior members can participate in fitness programs at designated recreational centers for free if they are a Kaiser Permanente Senior Advantage Core, Silver, Gold or Medicare or PERA pre-65 member. Call **1-800-476-2167** for more information.

Encourage your child to actively play 60 minutes each day



- Great ideas for encouraging active children www.letsmove.gov/
- Check with your local school district list of after school programs. www.coloradoafterschoolnetwork.org
- The Boys and Girls Clubs offer activities in the summer and after school for \$2/year www.bgca.org
- Spring is a great time to search for summer camp options. www.colorado.parenthood.com



Getting active. Having fun.

PHYSICAL ACTIVITY RESOURCES

Find the perfect fit for what you and/or your family like to do to be active. It is currently recommended that adults be active for 150 minutes each week and kids be active for 60 minutes every day. Visit activitytree.com for all your Physical Activity Resources by zip code.

Recreation Centers

Your local recreation center has a variety of classes, sports and activities. Visit the website for your city and search under recreation or parks and recreation.

Arvada

www.northjeffco.org

Aurora

www.ci.aurora.co.us or
www.auroragov.org/recreation

Boulder

www.ci.boulder.co.us
www.ymcabv.org

Brighton

www.brightonco.gov

Broomfield

www.ci.broomfield.co.us

Castle Rock

www.crqov.com

Commerce City

www.ci.commerce-city.co.us

Dacono, Firestone, Frederick

www.recdistrict.com

Denver

www.denvergov.org/recreation/findarecreation-center/tabid/43047/default.aspx

Sound Body Sound Mind (Denver)

http://curriculum.dpsk12.org/physical_education/fitness_centers/index.shtml

Denver Parks and Recreation

www.ci.denver.co.us

Englewood

www.ci.engagewood.co.us

Evergreen

www.evergreenrecreation.com

Golden

www.ci.golden.co.us

Lakewood

www.lakewood.org

Littleton/Centennial

www.sspr.org
www.ci.broomfield.co.us

Lafayette

www.cityoflafayette.com
YMCA.bv.org

Louisville

www.ci.louisville.co.us

Longmont

www.ci.longmont.co.us/rec

Northglenn

www.northglenn.org

Parker

www.parkeronline.org

Westminster

www.ci.westminster.co.us

Wheat Ridge

www.ci.wheatridge.co.us