

Step Up to Health... It Starts in Parks

Produced By
Little Rock Parks & Recreation
in cooperation with the
National Recreation & Park Association



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Office of the Mayor

Dear Little Rock Citizens:

Our nation's obesity crisis continues to loom over us...and research shows it is not getting any better. The state of Arkansas is ranked in the top 5 states with the highest obesity rates. Little Rock leads the state. Built environments that reflect the loss of active transportation and open spaces to engage in physical activity mixed with rising rates of childhood diabetes make finding solutions difficult for our future. These are not just city and community issues. The effect of obesity is being felt throughout every neighborhood and has touched every family in our nation. State and local entities feel the financial and social strain, and recognize that prevention is the key to healthier communities. Healthy people need healthy and livable communities to engage the danger of obesity head on. Parks and Recreation leaders are taking notice of the role they will play in providing opportunities for current and future residents of Little Rock. As stewards of our nation's spaces, they are working collaboratively with our nation's top leaders and experts in the public health community to help lead the way for positive, effective change, and ensure community health and livability. I congratulate our Parks and Recreation Department on this accomplishment and challenge all of our citizens to step up and take charge of your health today.

Sincerely,

Mark Stodola
Mayor
City of Little Rock

LITTLE ROCK PARKS & RECREATION

STEP UP TO HEALTH...

It Starts in Parks

A recent survey conducted by the International City/County Managers Association showed that respondents indicated that local parks and recreation departments (nearly 89%) should take the leading role in developing a community conducive to active living.

“Parks and recreation play a dynamic and unique role in fostering livable communities and improving the healthy lifestyles of all Americans,” states National Recreation and Parks Association Executive Director John Thorner. “The access, opportunity, affordability, and inclusive nature of parks and recreation

are critical to reversing the obesity trend by engaging the public in active recreational pursuits and by enlisting new stakeholders in support of public parks and recreation.”

The Step up to Health...It Starts in Parks initiative serves as a rally call from the National Recreation and Parks Association to encourage local park and recreation agencies and professionals to step up and take a leadership role in their community in the fight against the nation’s health and obesity crisis through the inclusion and improvement of healthy lifestyle opportunities in communities.

This booklet puts forth the mission, goals, and strategy for the Little Rock Parks and Recreation Step Up to Health...It Starts in Parks program. As you read it, the City’s hope is that you will be inspired to step up and pursue healthier lifestyles and help create a more livable community. And remember...it all starts in Parks.

Respectfully submitted,

Bruce T. Moore
City Manager

Our Mission

Improve and develop places and programs to affect a healthy living standard for community and visitors

Our Goal

Play a critical role in creating healthy, vibrant, and equitable communities and inspire our citizens to step up and pursue healthier lifestyles

Four Key Areas of Healthy Living Standards

Little Rock Parks and Recreation affects a healthy living standard through four key areas

Physical Activity

Nutrition

Injury Prevention

Environmental & Land Use

**OUR
CHARGE**

Physical Activity

What Parks and Recreation Can Do

Eight Ways Parks Improve One's Health

1. Physical activity is one of the most important contributors to fitness and health. But 95% of U.S. Adults, 92% of the adolescents and 58% of children aren't getting the recommended amount of daily physical activity. Parks can help. The more parks there are in a community the more people exercise. People who live closer to the parks exercise more. And people who regularly use parks get more exercise than people who don't. The takeaway? Building new parks-and improving existing parks- is a great way to keep people active.
2. While any physical activity is better than none, nothing builds fitness as well as exercise that raises a sweat and gets our hearts pumping. Parks are where much of that type of exercise occurs. According to one study, approximately 12 percent of moderate exercise takes place in the neighborhood parks. But for vigorous exercise, the proportion soars to 50 percent.
3. Most people know from experience that exercise can leave us with a sense of calm and well-being. But more surprising is that people who live closer to parks report better mental health even if they don't exercise there. This may be particularly true for parks with a lot of trees, grass, and other natural features, as studies show that exposure to nature can reduce stress and promote relaxation. Time spent in green outdoor spaces has also been shown to boost focus and concentration in both adults and children. Kids with attention deficit hyperactivity disorder (ADHD) experience milder symptoms when they play outside in a natural setting.
4. Sprucing up a park has been shown to increase the number of people who visit and exercise there, sometimes dramatically. The more aesthetically pleasing the park, the more likely people are to exercise there and in surrounding neighborhoods. Larger parks with more facilities are more likely to be used. Simply improving park signage has been shown to increase park use, and more substantial renovations can go even further.
5. It's no surprise that park features like basketball courts and playing fields encourage physical activity. But recent research has shown that the same is true of the humble walking path, which provides a place to exercise for people of all ages. And while you'd expect a skate park to attract skaters, it turns out that adding one can increase park use overall-even among those who'd never step foot on a board.

6. Trust for Public Land Fitness Zones are special areas of public parks set aside for free outdoor exercise equipment. One study indicated that Fitness Zones attract new users to parks, encourage former park users to return to parks, and increase the amount of physical activity that occurs in parks—even among visitors who are not themselves using the equipment. Fitness Zones have proven particularly popular with women, who typically use parks less often than men. And when Fitness Zones are installed new playgrounds, they allow adults to model healthy behavior for their children, encouraging kids to develop good habits that can last a lifetime.
7. Team sports, clubs, classes, exercise groups—parks that offer these are much more likely to be used than those that don't. Classes at skate parks have been shown to increase their popularity—especially among girls, who might not otherwise use them. Without programming and distinctive features to attract visitors, park use declines. Lack of programming may be one reason parks in lower-income neighborhoods are less likely to be used than those in neighborhoods where incomes are higher.
8. Exercise is one of the cheapest ways to stay healthy. One recent study found that exercise can prevent chronic diseases as effectively as medication. Another found that moderately active retirees had significantly lower health care costs than sedentary retirees. Building new parks, upgrading old ones, and enriching all parks with programming and features that promote exercise is not only good medicine, it's also good for the bottom line.

What Public Health Can Do

- Commit to partnering with Park and Recreation leaders to conduct research that supports state funding allocations
- Convene key stakeholders, such as departments of transportation, parks and recreation departments, state and local councils on physical fitness, environmental groups, and the sports and recreation industry regularly, to explore ways to make society more active.
- Advocate for community funding to develop opportunities for residents to be more physically active, funding streams may include allocations for bike paths, sidewalks, greenways, swimming pools, and parks.
- Conduct walkability audits and health impact assessments to identify barriers in communities that do not facilitate physical activity.

Physical Activity

(Continued)

Together We Can...

- Promote programs that encourage regular physical activity
- Utilize community evaluation tools that assess the availability of opportunities for physical activity, with a special emphasis on opportunities for high risk population
- Work with zoning and transportation policy makers to create and protect spaces for physical activity.
- Prioritize capital improvements projects to increase opportunities for physical activity (such as the creation of sidewalks, trails, playgrounds, and parks).
- Restore and preserve aging recreation sites and support the development of new facilities.

nutrition

What Parks and Recreation Can Do

- Offer healthy options in all vending, concession, and food services.
- Create and expand community gardening initiatives and support farmer's markets.
- Include nutrition education in current and new programs.
- Utilize available partnerships to support nutrition programs.

What Public Health Can Do

- Coordinate state health agency efforts with partners such as departments of education, transportation, agriculture, and parks and recreation agencies, to address policy and environmental options to improve nutrition.
- Increase opportunities for fruit and vegetable consumption in schools, after-school activities, and communities through public education campaigns.
- Identify funding opportunities for residents to purchase healthy foods in their communities.
- Educate public agencies on healthy food and beverage choices available for vending machines and assist in increasing the delivery of nutritious meals to youth in all public settings.

nutrition

(continued)

Together We Can...

- Create community education classes to educate on proper nutrition and host these classes in a variety of settings (libraries, governments office buildings, recreation centers, senior centers, etc.).
- Integrate healthy snacks into all governments settings (municipal buildings, libraries, town halls, recreation centers, sporting facilities, etc.).
- Advocate contracts with companies to offer healthy options in vending machines in local government venues.
- Support farmers' markets and encourage the sale of healthy food options by local vendors.

Safety & Injury Prevention

What Parks and Recreation Can Do

- Work proactively to ensure that parks and public spaces are safe places to recreate and engage in daily physical activity (design, maintenance, crime prevention, supervision in spaces).
- Promote personal injury prevention by creating awareness programs and action steps that people can follow to prevent personal injury and improve personal safety.
- Integrate safety and injury prevention messages into all physical activity programming.
- Develop messaging prompts to put in public spaces to encourage safety precautions and injury prevention.
- Train professionals to develop programs for high risk individuals to minimize activity related injuries and increase the likelihood of regular physical activity. Provide training and introductory programming for individuals that are unfamiliar or have a lower skill level.

What Public Health Can Do

- Collect, analyze, and disseminate data on recreation and activity-related injuries. Utilize this surveillance to inform policymakers, develop prevention strategies, and educate the public.
- Convene key stakeholders to address collective infrastructure issues that impact injury patterns. Partners may include transportation, education, law enforcement, park and recreation, and planning professionals as well as private sector and advocacy entities representing these disciplines.

Safety & Injury Prevention

(continued)

What Public Health Can Do

- Educate the public, media, and policymakers on effective, proven injury prevention strategies and environmental modifications. Develop “best practices” and models and provide technical assistance and training to partners and stakeholders. Develop fact sheets, tool kits, and other materials for priority issues, including traumatic brain injury, bicycle and pedestrian safety, sports injuries, and crime and violence prevention.
- Integrate safety and injury messages into activities of other public health and non-public health policy areas, including physical activity promotion, obesity prevention, disaster preparedness, transportation planning, and environmental protection.

Together We Can...

- Promote personal injury prevention by creating such awareness programs as: traumatic brain injury, bicycle and pedestrian safety, sports injuries, and crime and violence prevention.
- Provide resources to create and improve upon existing signs, lighting, etc. in public spaces that advise of safety precautions (cross walk, bike path, helmet, reflective gear, skin protection).
- Promote education and understanding of the proper use of recreational equipment.
- Tackle the perception that public areas are “unsafe” by advocating for adequate funding to (for example) install lights along trails and in parks, provide more supervision (for example) staff to facilitate activities in parks, and more maintenance such as cutting back foliage at trail heads

Environmental & Land Use

What Parks and Recreation Can Do

- Create a network of walking and cycling trails (build more trails where current ones do not exist) that offer functional alternatives to automobile travel and opportunities for exercise, recreation and community connectedness.
- Restore and preserve aging recreation sites. Work with all levels of government to secure funding to acquire open space or to build recreational facilities.
- Provide transportation when needed to community destinations such as parks, recreation centers, community centers, senior centers, and schools.
- Focus comprehensive community planning efforts, including development of master parks plans to provide active, friendly environments.
- Work with community planning and development staff to make connections between private and public lands and use. (Homeowner's associations, houses of worship, etc.)

What Public Health Can Do

- Create multi-disciplinary teams within the agency, comprised of staff experts from chronic disease, injury prevention, environmental health, and other relevant divisions. Develop coordinated budgets and work groups, if possible.
- Educate planners, developers, transportation and education officials, law enforcement, elected officials, and others on the health impacts of community design.

Environmental & Land Use

(continued)

What Public Health Can Do

- Conduct and disseminate Health Impact Assessments on existing and proposed developments, transportation projects, and other infrastructure initiatives. Ensure that health impacts are adequately addressed in planning decisions.
- Work with planners, developers, and economic development officials to permit and create multi-use neighborhoods, enabling residence, commerce, retail, education, recreation, and entertainment facilities within the same development to create a connected environment.
- Work with education and transportation officials to ensure that the appropriate infrastructure is in place to ensure that students can safely walk or bike to school and after school care.

Together We Can...

- Actively work with architects, landscape architects, and planners on community and neighborhood designs that facilitate active, healthy living.
- Promote infrastructure development and the location of public facilities to encourage urban redevelopment and infill.
- Plan for transit-oriented development along public transportation lines and convenient to existing transit stations.
- Work with zoning boards to revise existing zoning codes to encourage multi-use land development patterns that make it possible to work, shop, recreate, and go to school within walking distance of people's homes.
- Work with planning and zoning boards to establish open spaces to preserve the environmental health of the community.
- Work with state transportation officials to institute and enforce "traffic calming" measures, such as lowering speed limits in residential areas and the use of traffic circles, speed bumps, and street crossing mechanisms.

**CURRENT
PROGRAMS
&
ACTIVITIES**

Current Programs & Activities

Physical Activity

- **Athletics & Sports:** basketball, softball, baseball, tee-ball, soccer, football, badminton, pickle ball, cheerleading, golf, tennis, table tennis, volleyball
- **Outdoor Activities:** fishing, trails, biking, skate park
- **Swimming & Fitness:** boot camp fitness, walking, bicycling, aerobics, martial arts, pilates, water aerobics, sculpting, aqua abdominal, turbo kick, parent/child fitness, swimming, weightlifting, Mayor's Olympic Kids, dance classes
- **Park Amenities:** playgrounds, tennis courts, basketball courts, walking and biking trails, horseshoe pits, open space play areas, softball/baseball fields, volleyball courts, fishing lakes and ponds, golf courses, archery range, soccer fields, boating and canoeing.
- **Latchkey Afterschool Program and Summer Playground Program**
- **Arts/Crafts & Hobby Activities:** board games, pool, table tennis, bingo, ceramics
- **Park Ranger and Junior Park Ranger Programs**
- **Little Rock Marathon, 10k, 5k and Little Rockers Kids Marathon**

Current Programs & Activities

(continued)

Nutrition

- Community gardens
- Summer youth meals program
- Farmers' Market
- Senior citizen meals
- TOPS (Take Off Pounds Sensibly) nutrition classes
- Personal training to include proper eating habits

Safety & Injury Prevention

- Security officers assigned to key locations, lifeguards on duty at pools, first aid and CPR training offered to staff, defibrillator available at many facilities
- Certified playground inspectors inspect playgrounds regularly
- Safety policies and procedures are developed in accordance with federal, state and local guidelines.
- It is policy that every reasonable effort will be made to provide and maintain a safe and healthy workplace and to establish and insist upon safe methods and practices at all times.
- Safety is a shared responsibility between participants and the organization.
- Safety is an integral part of the operation of this program and every effort is made to maintain facilities in a clean and safe manner. Programs offered by this initiative have an element and certain degree of risk for each participant. Daily precautions are implemented to inform all participants and visitors how to properly use facilities and practice recreational safety.
- Regular inspections of programs and facilities are conducted to eliminate hazardous conditions and to prevent accidents. A concentrated effort is made to guard against any operating conditions that may compromise the safety of citizens, visitors and employees.

Safety & Injury Prevention

(continued)

- A risk management team reviews all aspects of organizational policies and procedures that impinge on the organization risks including environmental, infrastructure, and programmatic and emergency care hazards and evaluates risk management efforts and options.
- Risk management manuals are available to all staff that explains emergency procedures and process to be carried out in the event of an emergency.
- Parks buildings and equipment are inspected on a monthly basis to ensure hazards are identified and repaired.

Environmental and Land Use

- Urban forestry program manages health of trees for cleaner air and lower energy costs.
- Open space policy is under review to improve quality of life.
- Walking, bicycle and jogging trails have been recently developed and are getting national attention. Little Rock Parks & Recreation currently maintains more than 200 miles of trails.

ASSESSMENT

Community Strengths

1. Little Rock Parks & Recreation facilities are numerous throughout the city and conveniently located to serve residents. The community centers offer fitness and workout areas and/or machinery.
2. In addition to the four community centers, our Jim Dailey Fitness & Aquatic Center is centrally located in mid-town and boasts several fitness classes, machines, indoor pool, outdoor pool, sauna and other amenities.
3. Many programs in place to serve as platform for Step up to Health initiative.
4. Federal programs are available that support Step up to Health; meals program for children and senior citizens
5. Little Rock Marathon offers individual and group training programs year-round
6. Well-established relationships with other community agencies and partners
7. Master Parks and Recreation Plan recommends some objectives supporting Step up to Health.
8. The City has an urban forestry program supporting the environment.
9. Little Rock Parks & Recreation community centers are often prepared and used to support/house community members during times of natural disaster or severe weather events.
10. Little Rock Parks & Recreation oversees an award-winning Therapeutic Recreation program with certified staff.
11. New and renovated facilities conform to ADA standards.
12. Good water system in the community
13. Revitalization of older parks and expansion of old and new trails continue
14. Skate Park, Youth Athletics Programs, Junior Park Ranger Program and Little Marathon continue to receive awards, grants.

Community Weaknesses

1. Organized/supervised outdoor recreation opportunities are lacking.
2. Urban planning does not always encourage walking/biking.
3. Trail system needs to be expanded.
4. Need additional park security and/or police patrol.
5. Vending machines lack healthy/nutritious food choices.
6. Population predominantly obese; lacking in exercise; poor eating habits; chronic disease expanding.
7. Homelessness continues to cause issues and concern.
8. Park facilities lag behind national standards based on population.
9. Insufficient number of community gardens.
10. Limited choice of healthy dining facilities.
11. Need for additional long term health care facilities
12. Need to increase number of farmers' markets located in residential areas.
13. Lack of coordinated efforts between community agencies.
14. According to the Commonwealth fund, a private foundation that works to improve the healthcare system, Arkansas health care ranks among the worst in the nation

Our Partners

Little Rock Parks and Recreation partners with several agencies that support healthy living standards.

Arkansas Recreation and Park Association
Little Rock School District
Pulaski County Special School District
YMCA of Little Rock
Little Rock Housing Authority
UAMS Medical Center
Ouachita Girl Scout Council
Arkansas Tennis Association
Care Link Arkansas
Arkansas Heart Hospital
Intelistaf Healthcare
American Red Cross
Arkansas Partnership
Union Pacific Railroad
Ozark Outdoor Supply
Little Rock Football Club
Healthy Arkansas
First Tee of Arkansas
St. Mark Baptist Church
Heart Clinic of Arkansas

National Recreation and Park Association
University of Arkansas at Little Rock
Arkansas Game and Fish Commission
Amateur Softball Association
Arkansas Department of Human Services
St. Vincent Medical Center
Little Rock Boys and Girls Clubs
American Association of Retired Persons
Arkansas Children's Hospital
Arvest Bank
Arkansas Health Department
Little Rock Waste Water
Program GAIN, Inc.
Today's Office
Arthritis Foundation
American Heart Association
Easter Seals
Little Rock Athletic Club
Whole Hog Café NLR
Arkansas Blue Cross-Blue Shield

Gap Goals

- Strengthen existing partnerships and create new ones.
- Use partnerships to promote/market Step Up to Health* initiatives.
- Encourage Laidlaw Transportation, Central Arkansas Transit and other transportation agencies to establish routes to parks, recreation facilities and other agencies providing health and fitness programs.
- Improve marketing and public relations concerning the importance of living healthy lifestyles.
- Work with current vending machine provider to start providing healthy food and drink as choices.
- Expand and continue to promote fitness programs throughout the community.
- Re-establish the Outdoor Recreation Division.
- Develop City programs that will limit the harvesting of trees and establish nature reserves.
- Actively work with architects, landscape architects, and planners on community and neighborhood designs that facilitate active, healthy living.
- Continue working to accomplish goals of the Parks and Recreation Master Plan as it relates to health and fitness issues.
- Increase park security in all parks and at recreation facilities.
- Work with community groups to increase the number of community gardens and farmer's markets.
- Encourage citizens to take advantage of healthy food offerings at local restaurants.
- Increase density of living conditions and encourage mixed land uses to develop more walking and biking trips.
- Work with Planning and Public Works and developers to share resources and promote active living styles.
- Establish a close and consistent link between land use and transportation plans and priorities.

Marketing and Promotion Action Steps

- Continue to promote department and programs via marketing campaign (radio, television, print, billboards, fliers, special events)
- Social Media: Facebook, Twitter, Instagram
- New website launch
- Create/gather collateral to include in campaign materials.
- Send media advisories to announce program success stories.
- Distribute parks collateral materials to all parks facilities, local state agencies, local organizations, clubs, schools, and neighborhood associations, etc.
- Partner with area hospitals working with local restaurants to establish healthier menu choices.
- Create PSAs to air on LRTV and potential other sources
- Continue “A City In A Park” television show to run on LRTV.
- Continue monthly Little Rock Parks & Recreation newsletters.
- Create trade show booth and attend trade shows (all types) to get message out.

Did You Know?

...that stress relief, clearing one's mind, and exercise were the most common benefits that older adults attributed to their visits to parks and recreation facilities.

- Two-thirds of older adults who visit parks report moderate or high levels of physical activity during their visit? ¹
- Active users of public parks have a lower body mass index (a ratio between weight and height) than did people who use parks passively or not at all? ¹
- People who visited parks for longer periods of time (one hour or more) had significantly lower systolic blood pressures than those who only stayed for short periods of time (less than one hour)? ²
- Park users who were more physically active and who made frequent contact with friends through their leisure time were less likely to report feeling depressed? ¹
- Users of a community-based senior wellness program had significantly higher endurance levels, even after controlling for their level of physical activity? ³
- Stress relief, clearing one's mind, and exercise were the most common benefits that older adults attributed to their park visits? ¹
- People who visited parks with companions (as opposed to visiting alone) reported significantly higher levels of physical health? ²
- Citizens who had better access to parks, visited parks more frequently, and engaged in physically-active park behaviors also made fewer visits to their doctor (for reasons other than a regular check-up)? ¹

¹Godbey, G., Roy, M. Payne, L. L., & Orsega-Smith, E., (1998), *Final Report on the Health and Park*

Use Study, The National Recreation and Park Association.

²Orsega-Smith, E., Mowen, A., Payne, L., & Godby, G. (2004), The interaction of stress and park use on psycho-physiological health in older adults. *Journal of Leisure Research*, 36 (2), 232-257.

³Orsega-Smith, E., Payne, L. L., & Godbey, G. (2003) Outcomes associated with participation in a community parks and recreation based wellness program for older adults. *Journal of Aging and*

Physical Activity, 11(4), 516-531.

Did you know

- People who visited parks more frequently were more likely to have a positive perception of their general health? ¹
- Fifty-percent of older adults who participated in light to moderate aerobic park activity reported being in a better after visiting parks? ⁴
- Research subjects who drove through a simulated park environment recovered more quickly from stressful situations than those who drove past a simulated environment dominated by built structures? ⁵
- Older adults who engaged in a broad repertoire of park and recreation activities were more likely to report higher levels of perceived physical health? ^ε

Quick Facts compiled by:

Andrew J. Mowen, Ching-Hua Ho, Laura L. Payne, Elizabeth Orsega-Smith, Geoffrey C. Godbey.

⁴Godbey, G., & Blazey, M. (1983) Old people in urban parks: An exploratory investigation. *Journal of Leisure Research*, 15, 229-244.

⁵Parsons, R., Tassinary, L. G., Ulrich, R. S., Hebl, M. R., & Grossman, -Alexander, M. (1998). The view from the road: Implications for stress recovery and immunization. *Journal of Environmental Psychology*, 18, 113-140.

^εPayne, L. L., Mowen, A. J., & Monoro-Rodriguez, J (In Press). The role of leisure style in maintaining the health of older adults with arthritis. *Journal of Leisure Research*.

Mental Health

“The Personal Journey”
‘Life if is a Journey Full of Choices’

No one of us can coast to a mountain top. We must work, struggle, and climb. The same is true for having a great life. We won’t get there by accident or without effort. If we make good choices along life’s path, we are likely to have a successful journey.

Are you ready to hike?

Enjoy Today

In the hike of life, we can focus on the obstacles along the trail or the beauty that surrounds us. Those who find the beauty in the daily life travel well.

What beauty have you experienced today?

Find the gems in your past

Anyone who wants to find a gem must be willing to search for it. Likewise, we find treasures in our life stories when we are willing to dig through challenges and disappointments to find them. Those who find and cherish the gems in their past are those who live the best lives.

What are some of the gems you have found along life’s path?

Look forward to tomorrow

People who are excited and hopeful about the future are likely to have better journeys. Hikers who look for and expect to find good things usually do find good things. Who knows what great things will happen tomorrow!

When anxiety and fear tempt you, how will you stay hopeful about life’s possibilities?

Use your strengths

Each person has strengths and weaknesses. The greatest joy and progress come from using our strengths while managing our weaknesses. We discover our strengths by noticing what we love to do-those things that challenge us and get us so engaged that we lose track of time.

What are your greatest strengths? How will you use them?

Mental Health

(continued)

Choose to Serve

When we focus primarily on ourselves, our view of the world is narrow and limited. As we turn more energy and attention to helping others, the meaning and satisfaction of our lives will expand. There are countless places and ways we can serve others.

What will you do to make the world a better place?

Choose to grow

Growth is surest sign of progress in life. Seeking new ideas, experiences, and projects helps us grow and enjoy our journey.

How will you cultivate personal growth?

Don't forget your compass!

Each of us is equipped with a personal compass—or conscience—to guide us along life's journey. Conscience is the peaceful voice inside of us that invites us to be compassionate, kind, and honorable. When we ignore the compass, we get lost. When we use our compass well, our journey will be richer and more meaningful.

How will you better follow your compass?

You'll be making many choices along your personal journey. Use this trail map to make better choices.

Have a great journey!

RESOURCES & WEBSITES

Helpful resources for additional information

Fitness Quiz

<http://www.webmd.com/fitness-exercise/rm-quiz-fitness-dos-donts>

Health Surveys

<http://www.healthsurvey.org>.

Fitness on a Budget: Low-Cost Ideas For Getting in Shape

<http://exercise.about.com/od/fitnesstoolscalculators/ss/exercisebudget.htm>

Shape Magazine

<Http://www.shape.com>

Active Living by Design

<Http://www.activelivingbydesign.org>.

Academy of Nutrition and Dietetics

www.eatright.org/public

Food Guide Pyramid (USDA)

<http://www.cnpp.usda.gov/FGP>

Fruits & Veggies-More Matters Program

www.fruitsandveggiesmatter.gov

CDC Division of Nutrition & Physical Activity

www.cdc.gov/nccdphp/dnpa

CDC Healthier Worksite Initiative

www.cdc.gov/nccdphp/dnpa/hwi

University of Arkansas Division of Agriculture

www.uaex.edu

We Can! Ways to Enhance Children's Activity and Nutrition

<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm>