

MT. HOREB ON THE MOVE – STROLL THE TROLLS

Free/Low Cost Fitness Facilities, Programs and Events

- **Mt. Horeb Community Recreation Dept.**
222 E. Front St.—Mt. Horeb, WI. 53572
Adult, youth and family classes, sports.
Financial assistance is available. 608-437-3400
www.mounthorebwi.info/rec.htm
- **YMCA of Dane County, Inc.**
West Branch—5515 Medical Circle
Madison, WI 53719 608-276-6606
Adult, youth and family classes, pool, gym,
lifestyle center. Financial assistance is available
to those who qualify.
www.ymcadaneconomy.org
- **Mt. Horeb Youth Center—Free to everyone!**
105 N. Grove St.—Mt. Horeb, WI 53572
<http://www.ymcadaneconomy.org/about/youth%20centers/mthyc.asp> 608-437-6780
- **Dane County bike route maps are available at:**
<http://www.madisonareampo.org/bikes.htm>
608-266-4761



Personal Fitness Challenges

To register for “Mt. Horeb on the Move” follow these steps:

- Go to: www.americaonthemove.org
Click “Join Today”
Select “Individual” registration
Click “Full Access”
Use group registration code: RMT48251
Finish registering

- **President’s Challenge**
www.presidentchallenge.org



Nearby State & County Parks

- **Blue Mound State Park**
www.dnr.state.wi.us/org/land/parks/specific/index.html#6 608-437-2997
- **Brigham County Park**
www.countyofdane.com/land/parks/parklist.asp#brigham 608-262-4576
- **Donald Park**
www.donaldpark.org 608-262-4576
- **Military Ridge State Trail**
www.dnr.state.wi.us/org/land/parks/specific/militaryridge 608-437-7393
- **Stewart County Park**
www.countyofdane.com/land/parks/parklist.asp#stewart 608-262-4576

Nearby Village Parks

- Boecks Park – 204 Park St
- Grundahl Park – 401 Blue Mounds St
- Liberty Park – 1201 Cox Dr
- Waltz Park – 401 Brian St
- Grandma Fosters Park – 225 W. Main St
- Garfield Park – 101 E. Garfield St
- Hickory Hills – 307 Hickory Rd
- Himsel Park – 1025 Spellman St
- Jaycee Park – 425 Durtschi Dr
- Lions Park – 400 Fairway St
- Nesheim Park – Oak Tree Dr
- Viking Park – by Middle and IC Schools
- Sutter Farm – 1600 Green Valley Road
- North Cape Commons – 201 Telemark Pkwy
- Valley View – 112 Westmorland Drive
- Nordic Hills – Conservation Park

Mom and Dad are the best motivators

As a parent, it's up to you to play the biggest part!

You can't just tell kids that being active is fun. You have to show them.

It is recommended that children and adolescents participate in at least 40 - 60 minutes of moderate intensity physical activity most days of the week, preferably daily.

Choose from a variety of activities, such as brisk walking, playing tag, jumping rope or swimming, as long as it adds up to at least one hour a day.

Set a positive example by leading an active lifestyle yourself. Play with your kids. Take them to places where they can be active.

Limit the amount of time your child spends watching TV or using the computer to less than 2 hours a day. Infants and toddlers should have no “screen” time.

Build physical activity into your child's daily routine. Walking the dog, walking or biking instead of getting a ride, and doing indoor and outdoor chores are some ideas.

Encourage lots of outdoor playtime with friends.

Be active together as a family. Walking and biking together are great family activities.

Offer your child chances to take part in sports, fitness and outdoor activities. Many are free or low cost.



Health Benefits of Physical Activity

- Reduce the risk of premature death
- Lower stress
- Sleep better
- Decrease the risk of developing and/or dying from heart disease
- Lower high blood pressure or decrease the risk of developing high blood pressure
- Intellectual stimulation
- Lower high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Boost the immune system
- Reduce the risk of developing diabetes
- Maintain or lower body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Increase energy and productivity
- Enhanced work, recreation, & sport performance
- Better quality of life

