

Get Your Family Moving! – Summer 2007

With Denver's sunshine, low humidity, proximity to the mountains, and abundance of park and recreation facilities, it is the perfect home for active families. Unfortunately many children today are spending less time exercising and more time in front of the TV, computer, or video-games. This sedentary lifestyle is having a negative impact on the health of American children, with the percentage of overweight children in the United States growing at an alarming rate. In fact, today about one third of American children are either overweight or at risk of becoming overweight. Parents have a responsibility to model a healthy lifestyle for their children, offer daily opportunities for physical activity, and spend active family time together. By making physical activity a family affair, parents model a healthy lifestyle that can create a life long habit to carry children into adulthood. Here are some tips to get your family moving:

- Set aside an hour every day to go on a family walk, bike ride or play an outdoor game.
- Take turns picking "active" weekend activities like swimming, biking, hiking etc.
- Join a local recreation center and set up a weekly routine to participate as a family.
- Explore a different local park or playground each month. The Aurora, Centennial and Parker communities are filled with local parks and playgrounds.
- Take a picnic and go biking at Cherry Creek State Park or hiking at Castlewood Canyon or Garden of the Gods (Colorado Springs).
- Spend an afternoon hiking in Rocky Mountain National Park.
- Find age appropriate physical activities for each of your children and support them by attending games, meets and performances as a family. Opportunities abound at all levels in the local community for children to participate in a host of physical activities including: dance, gymnastics, swimming, tennis, soccer, basketball, baseball/softball, football, volleyball, hockey, wrestling, roller/ice skating, martial arts etc. Let each of your children try a variety of physical activities and emphasize fun and fitness over winning and competition. While not every child is meant to be a competitive athlete, all children benefit from regular physical activity and lessons in teamwork and good sportsmanship.

Check Out the Following Athletic Clubs , Recreation Centers and Park and Recreation Districts:

Aurora/Centennial

Aurora Parks and Recreation - 303-739-6640 - www.auroragov.org/recreation

Beck Recreation Center - 800 Telluride St. Aurora, 303-739-6886 - www.auroragov.org/recreation

Colorado Athletic Club - 374 Inverness Pkwy., 303-790-7777 - www.coloradoac.com

Heartwood Athletic Club - 15528 E. Hampden Circle, 303-693-3550 - www.heartwoodfitness.com

South Suburban Parks and Recreation - 303-347-5999 - www.sspr.org

Trails Recreation Center - 16799 E. Lake Ave., 303-269-8400 - www.aprd.org

Parker/Castle Rock

Castle Rock Recreation Center - 2301 N. Woodlands Blvd., 303-660-1036 - www.crgov.com

Parker Recreation Center - 17301 E. Lincoln Ave., 303-841-4500 - www.parkeronline.org/recreation/recreation_center.aspx

Parker Fieldhouse - 18700 E. Plaza Drive, 303-805-6300 - www.parkeronline.org/recreation/parker_fieldhouse.aspx

Parker Recreation Department 20120 E. Mainstreet, 303.841.0353 - www.parkeronline.org/recreation/recreation_information2.aspx