

HAHRC BEATS

By Marcie Wily, Aquatic Center Supervisor, Hood River Valley Parks and Recreation District

We've all heard it before: Americans need to improve their health. We can all do better about exercise. What if all it took was a different way of thinking to get us moving?

The Trust for Public Lands offers some interesting facts to help change the way of thinking on getting fit:

- 95% of adults, 92% of teens, and 58% of youth are not meeting the daily recommendations for physical activity.
- The more parks there are in a community, the more people exercise.
- People who live closer to parks exercise more.
- People who live closer to parks report better mental health whether or not they exercise there.
- Parks with fun features, like skate parks and sports fields, attract more people.
- More exercise saves people money by helping the bottom line in preventing chronic disease.

Hood River Valley Parks and District offers a variety of trails, parks and facilities in our community which can help improve our health.

The Indian Creek Trail has three trail segments in Hood River, giving people convenient options to hike, run, or bike from their home or other central locations.

Barrett Park offers a perimeter trail that connects to Segment 3 of the Indian Creek Trail. It also features open space, as well as an RC Flyer Park with a fully functioning runway.

The Westside Community Trail connects from Westside Elementary School, bordering a couple of neighborhoods north to Sherman Avenue. It offers families in the community a safe route for their children to get to school by bike or on foot.

The Skate Park and Disc Golf Course are located across the

street from one another at the corner of 20th and Wasco Avenue. The Skate Park features a variety of terrain, a covered bowl, a Mobius play structure and BMX track.

The Disc Golf course offers nine fun-filled holes through challenging terrain.

Culbertson Park, located at 1175 6th Street, is a centrally located neighborhood park off of Pacific Avenue where neighborhood kids and adults make regular use of the play structure and open space.

Hazelview Park, located at 1711 Heritage loop features an open, grassy space for children to run and play.

Odell Community Park, located at 3167 Tamarack Road, features a fully covered basketball court, two play structures, fitness equipment and a multiuse path.

When the rain becomes too much for outside play, the Hood River Aquatic Center is an affordable oasis during the winter. It is at 1601 May Avenue.

The center has three pools: a competition sized lap pool, a 92-degree therapy pool and zero entry wading pool. The aquatic center offers swim lessons, aqua aerobics, and open swim times for playing aqua basketball, going on the rope swing or slide, or hanging out in the warm therapy pool on a noodle.

Whatever you do this winter, make sure you remember that there are plenty of parks and recreational options in our community that can help you improve your overall health.

So get out and get fit!

For more information on parks or open space in the community, visit: Hood River Valley Parks and Recreation District:

www.hoodriverparksand.org

Hood River City Parks:

http://ci.hoodriver.or.us/pageview.aspx?id=19169

Hood River County Parks:

http://www.co.hood-river.or.us/

Port of Hood River:

http://www.portofhoodriver.com/

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