



Step Up Forsyth! Week 2

September 25– October 1

Weekly challenge— Get at least 7 hours sleep a night

Challenge sheet attached and posted on www.forsyth.cc/PublicHealth/stepup_forsyth.aspx

Newell/Massey Greenway— Greenways are great places to exercise! This peaceful 1.2 miles of greenway in East Winston extends from the ball fields on Waterworks Road to Old Greensboro Road (behind the Sarah Austin Head Start Center and next to Skyland Park). By walking up Waterworks Road to Hwy 311 and crossing at the light—you can get on the Bowen Branch Greenway to add an additional 0.3 miles to your workout!



More connections coming...the Old Greensboro Road end of the greenway will soon connect to Phase 3 of the Brushy Fork Greenway. Scheduled to be completed in late 2011, this segment of greenway will connect to the Newell/Massey Greenway at Old Greensboro Road and add an additional 0.6 miles to the greenway network (will terminate at Lowery Street). The Greenway Plan calls for Brushy Fork to extend to Reynolds Park Road at some point in the future, allowing access to WSSU and the Salem Creek Greenway.

Tanglewood Park— Pretty much has it all! Horseback riding, mountain bike trails, golf, playgrounds, swimming (Memorial Day to Labor Day), picnic shelters, BMX course, Festival of Lights, and gardens —what a great way to spend a day or a few hours! For a \$2 admission/car (note: some activities have additional fees), you can enjoy this magnificent park located in the Western part of the County). Tanglewood is open everyday from 7 am to sunset but closed Christmas Day.

The park has two playgrounds— both have restrooms and picnic tables. It is important to remember that children of all abilities need physical activity. The playground by Shelter 4 has several playground pieces that are accessible by wheelchair (has a mulch surface). The small playground next to the Mallard Lake Par 3 Course has a rubber tile surface and is wheelchair accessible. There is a wheelchair access point for the equipment at this playground where the child can pull themselves out of their wheelchair from the landing to access the equipment.



Many adults walk, run or bike the internal roads in the park for exercise. It is a beautiful place to get outside and be active. For more information on Tanglewood Park and park fees, go to <http://www.forsyth.cc/parks/tanglewood/Default.aspx>

