

Step Up Forsyth! Week 3

October 2 - 8



Weekly challenge— Eat at least 5 servings of fruits and vegetables every day
Challenge sheet attached and posted on www.forsyth.cc/PublicHealth/stepup_forsyth.aspx

Horizons Park Disc golf, hiking trails, picnic shelter in a wooded setting with a grill, dog park, sand volleyball, horseshoe pits, picnic tables, mountain bike trail, and playground! Wow—this park has a lot of physical activity options!



Located off Hwy 8, this park is close to the city but makes you feel like you are out in the country. A great place to explore nature, have a picnic, or try your hand (wrist) at disc golf. For more information and picnic shelter and softball field fees, go to <http://www.forsyth.cc/Parks/Horizons/Default.aspx>



Happy Hounds Park (at Horizons Park) Dogs need exercise too! This dog park is designed for dogs to legally run off leash in a 2-acre fenced area. Part of the area is fenced for small dogs, another larger area for big dogs.



The off-leash dog area also offers water fountains for people, a water fountain bowl for dogs, scattered benches, trash can receptacles and dog waste stations.

You can find a complete list of Dog Park Rules and Regulations at http://www.forsyth.cc/Parks/Horizons/Documents/dog_park_rules.pdf

Rupert Bell Park Complete with covered basketball courts, picnic shelter, softball field, restrooms and a playground, Rupert Bell Park is great place to play in East Winston. You can shoot hoops, play on the playground, or have a family picnic.

In addition to the park facilities, this park boasts one of the city's 17 Recreation and Community Centers. In addition to getting regular physical activity at the park, adults can exercise their mind and participate in Double Deck Pinochle, Bridge, and Computer classes or sing in the Rupert Bell Choir. Youth and teens also have an abundance of offerings including Arts and Crafts, Instructional Table Games, After School Homework/Tutorial (Fall), Basketball and Track and Field - just to name a few! Check out the City of Winston-Salem's **WePlay** magazine at <http://myinsideraccount.com/publication/?i=72746> for more information on classes and fees at Rupert Bell Recreation Center.

Rupert Bell is easily accessible by bus, bicycle or on foot –of course, you can also access it by auto. The neighborhoods surrounding Rupert Bell have a good network of sidewalks which makes this a pedestrian-friendly destination.



New playground equipment at Rupert Bell