

Step Up Forsyth! Week 7

October 30 - November 5



Weekly challenge— Try a new activity this week

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

Small neighborhood-size parks gives residents a convenient, safe and accessible place to exercise and be active. Here are a couple of smaller scale parks you want to check out:

Leinbach Park—This 9-acre neighborhood park located at the corner of Robinhood and Sally Kirk Roads has a 1/2 mile loop path, 3 lighted tennis courts, sand volleyball, restrooms, a small playground and covered picnic area. Many people from the surrounding neighborhoods use the path to walk or run.



Sand volleyball and walking path at Leinbach Park



Loop trail at Harambee Park

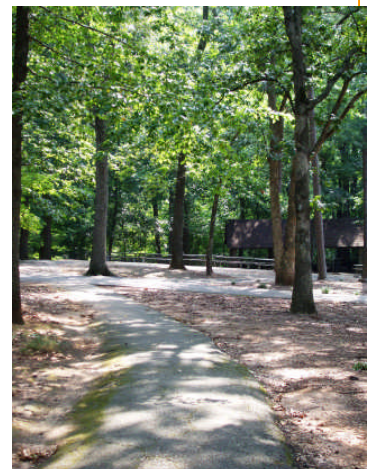
Harambee Park— One of the smallest city parks at one-acre, this park is located on 14th Street has beautiful landscaping and a walking loop trail. A great place for neighbors to meet and walk!

Miller Park— What a great urban park! Whether walking the dog, going for a run, or taking a power walk at lunch— Miller Park has a beautiful tree canopy to keep you cool during the warm weather months. It is also a great place to see the beautiful colors of Fall.



Miller Park is centrally-located in the Ardmore neighborhood and has six picnic shelters (great for outdoor meetings and celebrations), 4 lighted tennis courts, horseshoe pits, a playground, restrooms and 2 softball fields.

Take advantage of the variety of activity options that parks offer— grab a racket and play tennis, play catch, Frisbee, kick the soccer ball or go for a walk. Enjoying different activities not only reduces boredom with exercise but allows you to use different muscles in your body. It is easy to get in an exercise rut and do the same activity over and over. Varying your workouts can also



increase performance. Try a new activity this week! For park fees, go to <http://cityofws.org/Home/Departments/RecreationAndParks/Articles/RecreationAndParks>