



FITNESS FUN FOR TEENS

Physical Activity Gets You Moving!

- Try for 60 minutes of physical activity every day.
- Try different activities to find your likes and dislikes.
- Look for programs and classes that focus on developing your abilities.
- Be safe. Use safety equipment, like bike helmets, shin guards, wrist guards and elbow and kneepads to prevent injuries.
- Be active together as a family. Get your parents moving too.



Things you can do:

- Hike, explore Howarth Park, Spring Lake, & Annadel Park
- Ride a bike
- Learn a new sport
- Weight training
- Swim
- Dance
- Start a fitness program
- Rake leaves
- Baseball or softball
- Play Basketball
- Play tennis
- Snowboard or Ski
- Roller or in-line skating
- Plant & maintain a garden
- Fly a kite
- Go bowling
- Wash the car
- Jump rope
- Kickboxing
- Walk or jog
- Canoe on the Russian River
- Skateboarding
- Ice skate
- Play Frisbee
- Martial arts classes
- Take your pet for a walk



PLACES TO CALL FOR GROUP ACTIVITIES:

Ask for scholarship information if financial assistance is needed.



Santa Rosa Recreation and Parks:

Finley Center 543-3737
 Steele Lane 543-3282

Petaluma Community Center 778-4380
 Rohnert Park Recreation Department 588-3456
 Sebastopol Community Center 823-1511
 Town of Windsor Recreation & Parks 838-1260

Boys & Girls Clubs

Cloverdale	894-5063	Healdsburg	433-4479
Petaluma	769-5322	Rohnert Park	795-0139
Santa Rosa	542-3249	Sonoma	938-8544
Windsor	838-1959		



YMCA Office 544-1829
 YMCA Gym/Swim Center 545-9622

Press Democrat: Check the sports section every Tuesday for Youth Sports Information.

Phone Book: Recreation & Parks are listed under City, County and State Government Offices in the light blue front section of the phone book. See the Yellow Pages for Baseball Clubs, Recreation Centers, Soccer Clubs, Swimming Pools—Public, Youth Organizations and Centers for more ideas.

For additional copies of this guide,
 please visit:
www.sonoma-county.org/health/wic
 or call (707) 565-6680