



# 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	894-50163	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/index.htm](http://www.sonoma-county.org/health/wic/index.htm)