



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