

LIST OF EVENTS

April 25 – 5K Walk/Run at 7:30 a.m. at Riverside Park Special Events Area followed by Kids Fun Run brought to you by Academy Sports and Outdoors, Victoria Road Runners Association and Victoria Parks & Recreation Department

May 1 – Body Flow at 6:00 p.m. at Ethel Lee Tracy Park brought to you by DeTar Health Center and Victoria Parks & Recreation Department

June 13 – Zumba in the Park at 10:00 a.m. at Children’s Playground in Riverside Park brought to you by The Heat Fitness and Victoria Parks & Recreation Department

July 25 – Family Bike Ride at 9:00 a.m. at Riverside Park Special Events Area brought to you by Victoria Parks & Recreation Department

July 29th-31st – Cooking up Good Health at Victoria County 4-H Activity Center, 8:30 a.m. to 12 noon, to register or inquire about the camp, please call the Texas Agri-Life Extension office at 361-575-4581

August 29 – Paddling Clinic at 9:00 a.m. at The Victoria City Pool at 211 N. Ben Wilson brought to you by Coastal Bend Paddlers and Victoria Parks & Recreation Department

September 19 – Healthy World Fest at the Lone Tree Hike and Bike Trail from 9:00 a.m. -12:00 p.m. brought to you by Victoria Environmental Services and Parks and Recreation Department

October 10 – Scavenger Hunt for Fitness 4:30 p.m. at Riverside Park Children’s Playground brought to you by Victoria Parks & Recreation Department

November 7 – 5K Fun Walk/Run at 9:00 a.m. at Riverside Park brought to you by Hospice of South Texas and Missy Janzow

November 12 – Healthy Holiday Family Cooking at 5:30 p.m. at The Victoria Community Center brought to you by AgriLife Extension Service, Pecan Valley AHEC, Victoria County Health Department and Victoria Parks & Recreation Department

December 19 – Jingle Bell Dog Run/Walk at 9:00 a.m. at The Children’s Park at Riverside Park brought to you by Victoria Parks & Recreation Department

Log on to www.getfitvictoria.com for more event information and nutrition tips. Dates and events are subject to change without prior notice.

FITNESS PROGRESS CHART

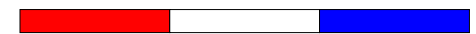
			NAME	
			HEIGHT	
MONTH	WEIGHT	BODY FAT %	BMI	POUNDS LOST/GAIN
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

Special Note:

The "Get Fit Victoria" is designed for anyone ready to make a healthy lifestyle change. Everyone is advised to consult a physician prior to starting any weight loss program. This is especially true when a medical diagnosed condition requires a specialized diet.



VICTORIA HEALTH INITIATIVE 2009



Parks and Recreation Department
476 McCright Drive
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Victoria, TX 77902
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Get Fit Victoria! 2009

“Get Fit Victoria” is not a diet, a book, a pill, a personal training session, a health club membership, or a fitness club. “Get Fit Victoria” implements a fun approach to exercise for individuals, families and groups. It encourages and educates participants to promote healthy living through the simple concept of “Eat Healthy, Move More, Have Fun”. We support this concept by conducting monthly health and fitness events for anyone in the community to attend. Participants are also encouraged to combat sedentary lifestyles and attain more daily activity.



What is “Get Fit Victoria”?

It is a program used to encourage and educate participants to promote exercise through the simple concept of “Eat Healthy, Move More, Have Fun”. We support this concept by conducting health and fitness events for everyone.

How does it work?

The Victoria Parks & Recreation Department will hold fitness events throughout the year at a park location near you. Most events will be free of charge. Our website contains tips on nutrition and links to other websites that may help you manage your health lifestyle.

www.getfitvictoria.com

Who may participate?

Anyone who desires a healthy lifestyle may participate.

How long does “Get Fit Victoria” last?

Just as health is continuous, so is “Get Fit Victoria”.

How can I tell which foods are healthy?

Log on to:

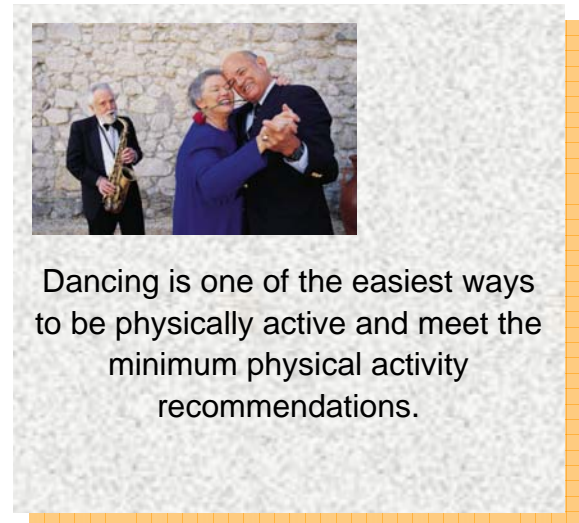
www.diabetescontrolforlife.com/getfitvictoria for tips on nutritional meal plans and ideal physical activity.

**Consult with your doctor about a meal plan that is right for you.*

Take Control

If you are prepared to take control of your health, “Get Fit Victoria” is for YOU. We will provide you with the up-to-date facts concerning weight control and suggest methods to assist you in building your LIFETIME weight management plan.

Program goals include: increase public awareness about the growing obesity epidemic, educate participants on ways to combat sedentary lifestyles, encourage weight loss and create successful examples for a healthier community.



Dancing is one of the easiest ways to be physically active and meet the minimum physical activity recommendations.