

Ideas to Get Your Family Moving

Austin City Parks

- ❑ BUSTAD 8 St & 14 Ave SW
- ❑ BANDSHELL COMMUNITY 4 St & 9 Place SW
- ❑ CRANE 8 St & 16 Ave NE
- ❑ CULLEN between 10-12 St & 11 Ave SW
- ❑ DECKER 19 St & 6 Av NE
- ❑ EARLY MORNING LIONS Oakland Place NE
- ❑ EAST SIDE LAKE 8 Ave & Oakland Place NE
- ❑ GALLOWAY 8 St & 2 Ave SW
- ❑ HONOR GUARD 8 St NE
- ❑ HORACE AUSTIN North Main
- ❑ KAUFMAN 8 St & 11 Av SE
- ❑ LAFAYETTE South Main St & 8 Ave SE
- ❑ LAFAYETTE-EAST South Main St. & 7 Place SE
- ❑ J.C. HORMEL NATURE CENTER 1304 21 St NW
- ❑ MURPHY'S CREEK 7 St & 24 Ave NW
- ❑ NORTH DRIESNER 8 St & Oakland Pl SE
- ❑ NORTHWEST 12 St & 13 Ave NW
- ❑ ORCHARD CREEK 16 Ave SW
- ❑ ROTARY CENTENNIAL South Main & 8 Ave SE
- ❑ SHERMAN 14 St & 6 Ave NW
- ❑ SHIRLEY THEEL MEMORIAL 400 25 St SW
- ❑ SOUTH DRIESNER Oakland Place SE
- ❑ SOUTH GROVE 21 Ave & 4 Drive SW
- ❑ STERLING 17 St & 5 Ave SW
- ❑ SUTTON 12 St & Oakland Pl SE
- ❑ TODD 11 St & 21 Ave NE
- ❑ WHITTIER 7 St & 3 Ave SE
- ❑ WILDWOOD 10 St & 16 Ave NE
- ❑ WORLEIN 606 1 Drive NW



How much physical activity do you need?

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. **Adults need 150 minutes** of physical activity **each week**. **Children should do 60 minutes** of physical activity **every day**. Fitting regular exercise into your daily schedule may seem difficult at first, but here are some helpful suggestions that are easy and fun.

1. Take the stairs.
2. Move during TV commercials (walk in place, stretch).
3. Go for a hike at the Hormel Nature Center.
4. Join a health club or gym.
5. Park farther away from the grocery store or shopping mall.
6. Do yard work (mowing the lawn, raking leaves, or shoveling snow).
7. Walk or ride a bike to work.
8. Spend an afternoon at the Austin Municipal Pool.
9. Try a workout video.
10. Take a dance or aerobics class.
11. Take yours kids to play at a local park.
12. Bike or walk along the paths and trails in Austin.
13. Rent a canoe from the Hormel Nature Center and paddle your way up Dobbins Creek to the East Side Lake.
14. Turn your coffee break into a 10 minute walking break.
15. Plant a vegetable garden in the backyard or rent a garden plot from the Parks and Rec Dept.

Explore the bike paths and walking trails in Austin!

- The Shirley Theel Memorial Park Path was provided by the Austin Zontas and is located in the Southwest quadrant of the city. The path is .5 miles in length.
- The Mill Pond Path is a bike/walking trail that circles the beautiful Mill Pond and is located on North Main Street. The path is .88 miles in length.
- The Todd Park Bike Trail is 2.4 miles in length and leaves from the Mill Pond Path. The trail then heads East along 8th Avenue NE and continues North on a shady pathway to Todd Park.
- Cedar River Bike Trail leaves from Mill Pond Path and following the scenic Cedar River, winding through Driesner Park and ending at the Bandshell Community Park/Skinner's Hill and is 2.1 miles in length.
- The East Side Lake Bike Trail advances off the Mill Pond Path and follows 8th Avenue NE to East Side Lake. The trail then continues around the lake and follows Oakland Avenue to Driesner Park where it connects to the Cedar River Trail.
- The Wildwood Park Trail is 1.25 miles in length and proceeds from Todd Park following a scenic shaded trail behind the Hormel Corporate Office over Wolf Creek and ends at Wildwood Park.

Community Activities

Make a Splash with your Library Card @ the Austin Municipal Pool

Bring your library card and swim for FREE at the Austin Municipal Pool open to all ages Sunday, July 11, 18 and 25 from 7-8:30 pm. This event is sponsored by the Austin Public Library's Summer Reading Program —Make a Splash @ Your Library. Funded by the Walter Wienke Bequest.

Open Swim Nights at the Pool

Families swim for FREE
July 8th
3:30-5:30

Watch for more open swim nights this summer!

Austin Municipal Pool

Located near the Mill Pond.
507-433-1881

The pool will open:
Saturday, June 12th at 1:00pm.

Pool Hours

Monday thru Friday 1:00-5:30 pm
Friday evenings 7:00-9:00 pm
Saturday and Sunday 1:00-6:45 pm

SEASON TAG PRICES

\$25 FOR POOL AND TOT LOT
Daily afternoon admission is \$3 per person.
Friday evening admission is \$2 per person.

Hormel Nature Center

Located on 21st Street NE, one quarter mile North off Exit 180B on Interstate 90
507-437-8246

Hike the Nature Center Trails all summer

Hours are 6 AM to 10 PM seven days a week.
(No fees for trail or visitor center)

Canoe Rentals available all summer

The Nature Center canoe rental for use on Dobbins Creek to East Side Lake is \$10.00 for one half day rental (4 hours). Canoe rental is available Monday through Saturday. There are no canoe rentals on Sundays or City of Austin holidays. (first come, first serve) Rental dates are May 22 to September 25 for 2010. Life jackets, canoe paddles and canoe carrier are provided.

Thursday Nature Play

June 17 thru August 19 from 1 – 5 pm.

Enjoy and *experience nature* with a child! FREE canoe rentals for adults (16 and older) with a child. Participate in pond scooping, insect or butterfly netting and/or self guided trail activities Thursdays. Adults must accompany child. (first come, first serve) Discover nature with your child!

Resources

Parks and Recreation: 433-1881

<http://www.ci.austin.mn.us/Parkandrec/pandrec.html>

Hormel Nature Center: 437-7519

<http://www.hormelnaturecenter.org/>

Austin Area Farmers' Market: 889-3271

<http://www.austinafm.com/>

YMCA: 433-1804

<http://www.ymca-austin.org/>

Austin Area Farmers' Market

May-October

Farmers' Market is scheduled regularly on:

Mondays at Oak Park Mall
4:00-6:00

Thursdays on 1st Ave. NW
4:00-6:00

Saturdays at Oak Park Mall
9:00-11:00

Family Fun Day

The afternoon begins with the kick-off of the Born to Learn trail at Mill Pond. This trail will include permanent activities for families to enjoy when they visit the park. The Minnesota Zoo Mobile will also be there with animals.

The event runs from 1:00-3:00 on **July 8th** at the Mill Pond in the gazebo area. The pool will be open to all families for **FREE** from 3:30-5:30.



Nutrition Goals

- Eat a healthy breakfast every day (whole grain breads/cereals, low-fat dairy, fruit, low-fat protein)
- Eliminate sugary pops and juices
- Eat whole grain breads and cereals
- Substitute fruits or vegetables for a snack, dessert, or side each day
- Eat out less often. Choose healthy, small portions. Save 1/2 for the next day.