Regular physical activity helps improve your overall health and fitness and reduces your risk for heart disease. Physical activity is anything that gets your body moving. According to the 2008 Physical Activity Guidelines for Americans, you need to do two types of physical activity each week to improve your health – aerobic and muscle strengthening.

**Lake County CHIP strategies to promote physical activity:**

- Promote existing physical activity programs
- A “Healthy Outback” webpage that will promote physical activity [lakehealthdistrict.org/home-2/chip/healthy-outback](http://lakehealthdistrict.org/home-2/chip/healthy-outback)
- Inventory and assess physical activity programs (coming soon!)
- Enhance and promote community walking routes
- Provide a physical activity scholarship program for low-income individuals with risk factors for heart disease (available now!)
- Establish a parks and recreation program and/or nonprofit

**Recommended activity levels for adults and older adults**

The Department of Health and Human Services’ 2008 Physical Activity Guidelines for Americans recommends 30 minutes of physical activity daily for adults 18-64 and 150 minutes per week of aerobic activity and 2 or more days per week of muscle strengthening activities for older adults.

CHIP Coordinator: John V. Adams, 541-219-0907, jadams@lakehealthdistrict.org
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Available physical activity programs and services

**Affordable Fitness**, $34/month, 9 South E Street, 541-947-2929 [https://www.facebook.com/pages/Affordable-Fitness/127626164035314](https://www.facebook.com/pages/Affordable-Fitness/127626164035314)

**BFit Training Studio**, Christmas Valley 12pm Mon and Wed at CV Boosters Hall - $7/class or $50/month, Fort Rock 8:30am Mon and Wed at Fort Rock Community Church - $9/class or $72/month, Jana Eads 541-815-9803

**Lakeridge Golf Course**, $15/9holes or $24/18 holes, 94378 OR140, 541-947-3855

**Lakeview School of Dance**, $30/month, Jennifer Stephens 541-306-8684

**Lose Weight Successfully**, Christmas Valley 6pm Tuesday at Jack Rabbit Cafe, Ilene Thompson 541-306-8684

**Medium-High Impact Cardio Dance**, 5:30-6:30pm Monday, Wednesday, and Friday at Southern Oregon School of Dance - $15/month and $20/month w/childcare, Cindy Havely 541-417-1804 or Carmen Tague 541-905-6956

**Mile-High Striders**, Melinda Howard 541-947-4504

**Municipal Pool**, Lap Swim 12pm and 6pm Mon-Sunday $3.50/session, Public Day Swim 1pm Mon-Sun $4/day, Public Night Swim 7pm Tues-Sun $4/night (Multiple-session, yearly and family swim passes are available) 541-947-2029 or 541-947-2900

**Papa Dan’s Bowling Alley**, $3.50/game, 1217 North 4th Street, 541-947-4200

**Pilates**, resumes in the fall 2014, Lake Health District, Charlene Blaisure, 541-947-2114, ext. 229

**Southern Oregon School of Dance**, Offering various cardio, pre-ballet, ballet, pre-pointe, pointe, jazz, tap and hip hop classes, for both children and adults - 19 South E Street, Cindi Havely 541-417-1804 [https://www.facebook.com/pages/Southern-Oregon-School-of-Dance/177609165626011?id=177609165626011&sk=info](https://www.facebook.com/pages/Southern-Oregon-School-of-Dance/177609165626011?id=177609165626011&sk=info)

**Strong People**, $50/12 weeks (twice a week, 24 sessions) for new enrollees, resumes in the fall 2014, Jamie Davis 541-947-6054, [http://extension.oregonstate.edu/lake/family-community-health](http://extension.oregonstate.edu/lake/family-community-health)

**Summer Water Aerobics**, 5pm Mon-Fri at Lakeview Municipal Pool, $3.50/class or $40/session, Cricket Harmon 541-947-2900

**Taking Off the Pounds Successfully (TOPS)**, 4pm Monday, $28/year, Angie Warburton 541-219-0786

**Waikwong’s Tao Energy Exercises**, 6pm Tues and Wed at Waikwong’s Chiropractic and Wellness Center 409 North 1st Street, $10/class, Waikwong Yeung D.C. 541-947-7779 [http://waikwong.org/waikwong/Tao_Exercise_Classes.html](http://waikwong.org/waikwong/Tao_Exercise_Classes.html)

**Walk With Ease**, 7am Mon and Wed at Lakeview High School Track, Free, Jamie Davis 541-947-6054

**Walking Group**, 7am-8am Mon-Fri, Free at Lake District Hospital

**Warner Canyon Ski Area**, $32/Day Pass or $24/Half-Day, 541-947-5001

**Yoga by Shawn**, Christmas Valley, 9am Tues and 5:30pm on Wed, 541-576-2043 and 541-576-2110

**Zumba**, 6:45-7:45pm Tues, Thurs, and Sundays, $3/class or $15/month, at Southern Oregon School of Dance, Cindi Havely 541-417-1804 or Janet Herrera 541-219-2764

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