

STEP it UP! FAMILY FITNESS CLUB



The Step it Up! Family Fitness Club is an exercise and wellness campaign coordinated by the **Prince George's County Health Department**, the **M-NCPPC Department of Parks and Recreation**, **Prince George's County**, and the **Prince George's County Executive, Rushern L. Baker III**.

We encourage all County residents to *be a part of the healthy revolution* and join this free running and walking club. We can conquer fitness goals together!



THE PURPOSE OF THE STEP it UP! FAMILY FITNESS CLUB

The purpose of The Step it Up! Family Fitness Club is to:

- Create a fun and friendly space for Prince George's County residents to work towards their fitness goals together as we explore the scenic parks, tracks and trails of our County.
- Combat all forms of chronic diseases that include: type 2 diabetes, hypertension, osteoarthritis, and other diseases. It all begins with one step and we are prepared to take that step with you.
- Reduce the risk for developing chronic diseases and say "YES" to a healthier YOU!
- Commit to getting your body moving on the 1st and 3rd Wednesday of every month, June - November, from 6:00pm - 7:00pm at various County parks, tracks and trails.
- Enjoy quality fitness time with family and friends as you learn first hand why the M-NCPPC Department of Parks and Recreation, Prince George's County is "Best in the Nation" with more than 10,000 programs.



LOCAL HEALTH AND EXERCISE STATISTICS

Here are the concerns:

- 15.4% of adolescents between the ages of 12-19 in Prince George's County are classified as obese.
- 17.1% of children, aged 2-4, who participate in federally funded health and nutrition programs are classified as obese.
- 67.6% of adults in Prince George's County are classified as overweight or obese.
- Only 47.4% of adults living in Prince George's County engage in regular physical activity (defined as 150 minutes of aerobic physical activity per week).



IMPORTANCE OF THE STEP it UP! FAMILY FITNESS CLUB

The Step it Up! Family Fitness Club aims to provide a routine activity where County residents can come together as families, friends, co-workers, and neighbors for a social fitness experience.

So remember:

- You are stronger than you think you are!
- Lace up your sneakers and meet us at various County parks, tracks and trails.
- *Be a part of the healthy revolution* and join your County's leadership in a run or walk to jump start your healthy revolution.

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2016 Step it Up! Family Fitness Club Schedule

Date	Trail	Meeting Location & Address
*Mondays June 6 & June 20	Bladensburg Waterfront Park: Walking Loop Trail at 6pm	Bladensburg Waterfront Park 4601 Annapolis Road Bladensburg, MD 20710
Wednesdays July 6 & July 20	Walker Mill Regional Park: Walker Mill Walking Loop Trail at 6pm	Walker Mill Regional Park 8840 Walker Mill Road District Heights, MD 20747
Wednesdays August 3 & August 17	Oxon Run Park at 6pm	Hillcrest Heights Community Center 2300 Oxon Hill Drive Temple Hills, MD 20748
Wednesdays September 7 & September 21	WB&A Trail at 6pm	Glenn Dale Community Center 11901 Glenn Dale Boulevard Glenn Dale, MD 20769
Wednesdays October 5 & October 19	Northeast Branch Trail at 6pm	Wells-Linson Complex 5211 Paint Branch Parkway College Park, MD 20740
Wednesdays November 2 & November 16	Prince George's Sports & Learning Complex - Outdoor Track at 6pm	Prince George's Sports & Learning Complex - Outdoor Track 8001 Sheriff Road Landover, MD 20785

**Please note that the month of June has special dates. The listed schedule of 1st and 3rd Wednesdays resumes in July.*