



How Communities Can Live Actively

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- Regular physical activity, fitness, and exercise are critically important for the health and well being of people of all ages
- Research has demonstrated that all individuals can benefit from regular physical activity
- In older adults, mobility and functioning can be improved through physical activity
- Regular physical activity has been shown to reduce morbidity and mortality from many chronic diseases including diabetes



- A sedentary lifestyle is defined as engaging in NO leisure-time physical activity (exercises, sports, physically active hobbies) in a two-week period
- Despite the well-known benefits of physical activity, most adults and many children lead a relatively sedentary lifestyle
- A physically inactive population is at both medical and financial risk for many chronic diseases and conditions including heart disease, stroke, colon cancer, and diabetes.



- Every day children and adolescents should do 1 hour or more physical activity
- Youth should be encouraged to engage in physical activities that are appropriate for their age, enjoyable, and offer variety
- Providing time for both structured and unstructured physical activity during school and outside of school is critical
- Children and adolescents should be exposed to a variety of activities: active recreation, team sports, and individual sports



- Adults who are active are healthier and less likely to develop many chronic diseases, and have better aerobic fitness than adults who are inactive
- For substantial health benefits, adults need to do at least 2 hours and 30 minutes each week of moderate-intensity aerobic activity
- Participating in regular physical activity provides many health benefits such as lower risk of early death, stroke, Type 2 diabetes; prevention of weight gain; and reduced depression
- Type of Aerobic activities include: race walking, jogging, or running; swimming laps; tennis (singles) and jumping rope



- Regular physical activity is one of the most important things older adults can do for their health
- Physical activity can prevent many of the health problems that may come with age
- If adults aged 65 years of age or older are generally fit, they need to do two types of physical activity each week to improve health: aerobic and muscle-strengthening
- Adults with chronic conditions should engage in regular physical activity because it can help improve their quality of life and reduce the risk of developing new conditions

Department Initiatives



East Suffolk Recreation Center

- State of the Art Fitness Center
- \$10 per month for adults
- \$5 per month for seniors 55 and older
- Senior Wellness and Nutrition Program
- Affordable fitness programs and classes



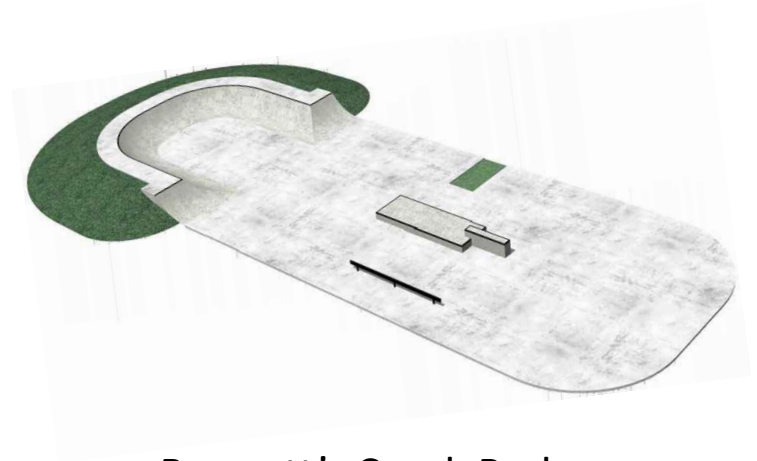
Lake Meade Park Trail



60 Feet
1 inch = 143 feet



Skate Parks



Bennett's Creek Park



Lake Meade Park

Regional Parks

- Lone Star Lakes Park
- Sleepy Hole Park
- Bennett's Creek Park

Walking Trails, Horseshoe Facility,
Disc Golf, Horseback Riding Trails,
Disc Golf Course, Tennis Courts,
and Canoe and Kayak launches

