

### Did you know...

- Physical activity helps your brain release endorphins so you feel good and have a more positive outlook on life.
- Physical activity increases life span by an average of 2.5 years.
- 65% of adults 20 years and older are overweight or obese.
- Regular exercise reduces the risk of heart disease, diabetes and cancer.
- For every one hour of regular exercise you can gain two hours of life expectancy, even if you don't start until middle age.
- Diets rich in fruits and vegetables may reduce the risk of heart disease, diabetes, cancer and other chronic diseases.
- Most fruits and vegetables are naturally low in fat and calories and are filling.
- 77% of adults and 79% of youth do not eat the recommended five to nine servings of fruits and vegetables a day.
- Only 4% of adults engage in four healthy lifestyles: healthy weight, adequate fruit and vegetable intake, adequate physical activity, and no smoking.



## Prescription for Fitness

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Commit to improving your health by:

at least \_\_\_\_\_ minutes/day \_\_\_\_\_ times a week

Provider Signature: \_\_\_\_\_

Prescription for Fitness is a program funded by Step Up Saginaw.  
See your health care provider about a plan for increasing physical activity that is right for you.

# Saginaw County Exercise Guide





# Mission: to create a healthy and active Saginaw community

## FREE SERVICES

### Schools

Arthur Hill High School  
3115 Mackinaw - Saginaw  
(989) 399-5800

Outdoor Track  
Weather Permitting  
(except during school events)

Heritage High School  
3465 N. Center Road  
Saginaw Township  
(989) 799-5790

Outdoor Track  
Weather Permitting  
(except during school events)

Birch Run North Elementary  
12440 Church Street  
(989) 624-9011  
(not on concert nights)

Indoor Walking  
Monday - Thursday  
6:00 pm - 8:00 pm

Frankenmuth High School  
941 East Genesee  
(989) 652-6351

Indoor Walking  
Monday - Thursday  
4:00 pm - 8:00 pm

Freeland Elementary School  
710 Powley Drive  
(989) 695-5371

Indoor Walking  
Monday - Friday  
4:45 pm - 7:30 pm

Hemlock Elementary School  
733 N. Hemlock  
(989) 642-5287

Indoor Walking  
Monday - Thursday  
6:30 pm - 8:30 pm

Merrill Middle School  
755 W. Alice  
(989) 643-7247

Indoor Walking  
Monday - Friday  
4:30 pm - 9:00 pm

### Parks and Trails

Buena Vista Kuffman Park  
1605 N. Towerline  
(989) 752-7413

Bike Trail, Fitness Park

Frankenmuth River Walk  
Heritage Park/Frankenmuth  
601 Weiss  
(989) 652-3440

Jogging/Walking Trail

Green Point Nature Center  
3010 Maple/Saginaw  
(989) 759-1669

Walking, Hiking Cross Country  
Skiing & more

Hoyt Park  
1574 S. Washington  
City of Saginaw

Walking/Jogging

Imerman Memorial Park  
3495 Midland Road  
(989) 790-5280

Basketball, Volleyball and  
Tennis Courts, Nature  
Trails, Hiking, Cross  
Country Skiing

Kochville Pathway  
South of Kochville  
Township Hall on Mackinaw Rd.

Non-Motorized Pathway

Morley Plaza/Saginaw River  
2701 Lapeer  
City of Saginaw

Walking/Jogging/  
Bicycling

Ojibway Island  
121 Ezra Rust  
City of Saginaw

Walking

Price Nature Center  
6685 Sheridan Road  
Bridgeport Township

Nearly three miles of  
hiking trails

Ringwood Forest  
2 miles south of St. Charles and 2  
miles west of M-52 on Ring Rd.

Hiking, Cross Country  
Skiing

Riverwalk/Saginaw River  
Holland Street/Janes

Walking

Roethke Park  
400 Leddy, Thomas Township  
(989) 781-6941 - park  
or (989) 781-0088 pool

Pool (Fee)  
Walking Trails

Saginaw Valley Rail Trail  
Stroebel Road to Water Street  
James Township to St. Charles  
(989) 790-5280

Non-Motorized  
Pathway

Soccer Complex  
3577 McCarthy Road  
Saginaw Township

Nature Trails  
Soccer Fields

Wickes Park on the River  
412 Wickes Park Drive  
Saginaw City

Walking/Jogging  
Bicycling/Cross Country  
Skiing

## Community

Center Courts  
3320 N. Center Road  
Saginaw Township  
(989) 791-9860

Indoor Walking  
Basketball Courts  
Fitness Classes  
(Class Fees Vary)

Buena Vista Community Center  
1940 S. Outer Drive  
(989) 752-2519

Gym, Fitness Center

Fashion Square Mall  
4787 Bay Road  
(989) 793-6401

Opens early for walkers  
(8 am - 10 am)

## FEE FOR SERVICES

Saginaw YMCA  
1915 Fordney  
(989) 753-7721

Fees Vary

Saginaw Township Community  
Schools—Community Education  
3465 N. Center  
(989) 797-1847

Various Fitness  
Classes & Offerings  
Call for Brochure

Saginaw Public Schools  
Community Education  
(989) 399-6940

Various Fitness  
Classes & Offerings  
Call for Brochure

Saginaw Valley State University  
7400 Bay Road  
(989) 964-4170

16 Visits for \$50  
Includes Use of  
Fitness Facility/Pool

Saginaw Bay Ice Arena  
6129 Bay Road  
(989) 799-8950

Fee for Public Ice  
Skating