

Name \_\_\_\_\_

This Community Resource Exploration Module is designed to help you think about the available resources in the community to help you improve or maintain your fitness levels, reduce the risk of developing or dying from heart disease, diabetes, or cancer, and enjoy a better quality of life.

Directions:

After reading the excerpts from the Surgeon General’s report Healthy People 2010, you should understand that health benefits come not only from rigorous exercise but also from recreational activities. Finding activities you enjoy in your leisure time should be an intentional part of planning for your lifetime fitness.

To help you understand the opportunities that exist in your community, complete the following 3 parts of this assignment:

1. List 4 activities you currently enjoy doing. List 4 new activities you might want to try.

Activities that you enjoy now

- 1.
- 2.
- 3.
- 4.

Activities that you want to try

- 1.
- 2.
- 3.
- 4.

2. Complete the Community Resource Exploration Table on the next page. Think about the activities you listed above, and then think about where you could do those activities locally. Riverside State Park is an example of one community resource for activity.

a) Complete column 2 using Riverside State Park as your community resource with an activity other than hiking. Visit the park’s website at [www.riversidestatepark.org](http://www.riversidestatepark.org) for assistance.

b) Find **two other** community resources for activities from your list above that you want to try to improve or maintain your level of fitness in the future, and fill in columns 3 and 4. Be sure to cite 2 resources that you used. Remember that this is an exploration activity. You will need to do research to complete the chart.

3. Participate in 1 activity from your list above within the next 2 weeks **that you have not done before**. On a separate page, type a 5 paragraph essay about your experience. Describe the activity you participated in including when and where and include the following:

- Fitness Benefits
- Enjoyment of Activity

- Accessibility  
(Cost/Transportation/Time,etc...)

- Would you continue this as a lifetime activity? Why?

Community Resource	1. Riverside State Park	2. Riverside State Park	3.	4.
Location	West Spokane/ Along Spokane River			
Activities	Hiking			
Cost	Equipment			
Equipment/Training Required	Hiking- appropriate shoes, clothes, water, snacks			
Hours of Operation/ Season	Hiking- sun up to sun down			
Safety Issues	Dangerous People			
Fitness Benefits:	Cardiorespiratory endurance, muscular endurance			
Resource:	<a href="http://www.riversidestatepark.org">www.riversidestatepark.org</a>			