



# A New You!

Follow your doctor's prescription for a healthier, active lifestyle.

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

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

Make a commitment to doing the recommended activities listed below for:

- |   |   |
|---|---|
| <input type="checkbox"/> 10-minute sessions | <input type="checkbox"/> 30-minute sessions |
| <input type="checkbox"/> 15-minute sessions | <input type="checkbox"/> 45-minute sessions |
| <input type="checkbox"/> days/week          |   |

### Recommended Activities:

- |  |  |
|--|--|
| <input type="checkbox"/> Strolling alone                         | <input type="checkbox"/> Bicycling                             |
| <input type="checkbox"/> Walking with a friend                   | <input type="checkbox"/> Dancing                               |
| <input type="checkbox"/> Doing yard work                         | <input type="checkbox"/> Swimming                              |
| <input type="checkbox"/> Leaving car at home for errands or work | <input type="checkbox"/> Doing strength training (home or gym) |
| <input type="checkbox"/> Taking an exercise class                |  |
| <input type="checkbox"/> Others: _____                           |  |

\_\_\_\_\_  
Signature of health care provider

*Look inside to find local physical activity resources and locations and get started on a new You!*



# F or More Information

or to add to our Resource and Locations List:

Wyoming Valley Wellness Trails Partnership  
Maternal and Family Health Services  
[www.wvwellnesstrails.org](http://www.wvwellnesstrails.org)  
570-823-7000

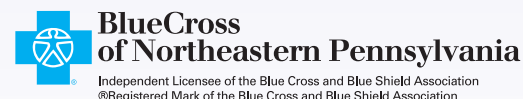
Steps to a Healthier PA – Luzerne County  
[www.stepspalc.org](http://www.stepspalc.org)  
570-408-1630

## Statewide Resources

Keystone Active Zone  
[www.keystoneactivezone.com](http://www.keystoneactivezone.com)  
Find local parks and trails by county.

State Parks at Pennsylvania Department of Conservation and Natural Resources  
[www.dcnr.state.pa.us/stateparks](http://www.dcnr.state.pa.us/stateparks)

Shape Up PA  
[www.shapeuppa.org](http://www.shapeuppa.org)  
A statewide team-based physical activity and weight loss incentive program, with weekly tips.



Personna Photography provided photography services for this brochure.

# A New You!

Strive for 30 minutes of Physical Activity every day



Resources for Physical Activity in Luzerne County

Tracks, Trails, Swimming and Classes



## Join a Group

Hiking and walking clubs, classes, programs and teams offer the benefits of a scheduled time and structured program for physical activity, as well as the opportunity to socialize and make friends.

### Classes and Programs

A number of different facilities offer classes and programs, including: municipal facilities, YMCAs and other community centers, and private health clubs and gyms. Dancing and other types of physical activity programs are also held in local churches, hotels or parks.

- ▶ Berwick YMCA
- ▶ Freeland YMCA
- ▶ Greater Pittston YMCA
- ▶ Wilkes-Barre Family YMCA
- ▶ Kingston Recreation Center
- ▶ Wilkes-Barre Catholic Youth Center
- ▶ Wilkes-Barre Jewish Community Center
- ▶ Wilkes-Barre Parks and Recreation Department
- ▶ Wilkes-Barre Township Recreation Center

You can also look for opportunities to be active in the Yellow Pages of your telephone book under “Health Clubs,” “Gymnasiums,” “Dancing Instruction” or “Martial Arts,” just to name a few. Contact area hotels for dancing opportunities, or check event listings in your local newspaper.

### Programs for Seniors or People with Movement Challenges

Arthritis Foundation: 823-2888  
Area Agency for Aging: 822-1158

### Group Hikes and Bike Rides

Weekly group hikes and bike rides take place in and around Luzerne County. These events vary in length and difficulty. For more information about such events, check out the following:

- ▶ [www.wellnesstrails.org](http://www.wellnesstrails.org) - Click on “Resources” at bottom of home page.

- ▶ Susquehanna Trailers Club, [http://susquehanna\\_trailers.tripod.com](http://susquehanna_trailers.tripod.com).
- ▶ Wyoming Valley Bike Club, and other group bike rides, contact Sickler's Bike and Sport shop, 602-7433 or Around Town Bicycles, 970-3008 or visit [www.sicklerbikes.com](http://www.sicklerbikes.com) for a ride schedule.
- ▶ Sierra Club, <http://Pennsylvania.sierraclub.org/northeastern>.
- ▶ Check the community calendar in your local newspaper for scheduled hikes and walks.



## On Your Own

Take as many opportunities as you can to be active around your neighborhood and throughout Luzerne County.

### Walking

Walking can be done at just about any time. This activity does not require special equipment, except appropriate clothing and comfortable shoes.

### Tracks

Running tracks offer a predictable level course with a measured length, and may have resting places such as bleachers. Many tracks are available to the general public, but some are available for school use only.

<b>Back Mountain</b>	<ul style="list-style-type: none"> <li>▶ Dallas Middle/High School, Conyngham Avenue.</li> <li>▶ Lake-Lehman High School, Mountain View Drive.</li> </ul>
<b>Berwick</b>	<ul style="list-style-type: none"> <li>▶ High School, Fowler Avenue.</li> </ul>
<b>Greater Nanticoke</b>	<ul style="list-style-type: none"> <li>▶ K.M. Smith Elementary School, Roberts Street, Nanticoke (1/4 mile loop, walk around parking lot and grounds).</li> </ul>
<b>Pittston</b>	<ul style="list-style-type: none"> <li>▶ Robert Yeager Park, rear Hughestown Municipal Building, off Center Street.</li> <li>▶ Pittston Area High School, Stout Street, Yatesville.</li> <li>▶ Yatesville Park and Multi-Purpose Building, Pittston Avenue, (1/7 mile track).</li> </ul>
<b>West-Side</b>	<ul style="list-style-type: none"> <li>▶ Kingston Recreation Center, Third Street (1/2 mile track).</li> <li>▶ Kirby Park, Market Street, Kingston.</li> <li>▶ Wyoming Area High School, Pennsylvania Avenue, West Pittston.</li> </ul>
<b>Wilkes-Barre</b>	<ul style="list-style-type: none"> <li>▶ Leo Solomon Educational Campus, Abbot Street, Plains.</li> <li>▶ Plains Twp. Municipal Park, Clarks Lane.</li> </ul>



## Trails and Community Walking Places

Trails and other spots within the community offer scenic walks and bike rides, mostly removed from traffic. Many area trails have a moderate slope and are paved with gravel or asphalt. Some are more rugged, offering more of a hiking experience. Maps are available on-line for state parks at <http://www.dcnr.state.pa.us/stateparks/index.aspx>, and as noted below.

<b>Back Mountain</b>	<ul style="list-style-type: none"> <li>▶ Back Mountain Trail, Trucksville, entrance at Carverton Road and 309. Park at Trucksville Municipal Building.</li> <li>▶ Francis Slocum State Park, Wyoming (Kingston Township), entrance on Mt. Olivet Road, hiking and walking trails.</li> </ul>
<b>Hazleton</b>	<ul style="list-style-type: none"> <li>▶ Butler Township Community Park, off N. Old Turnpike Road.</li> <li>▶ Hazleton Community Park, off Rt. 93, trails in park and to high school.</li> <li>▶ Hazleton Rail-Trail through Hazle Twp. from New Coxeville Road past Dreck Creek Reservoir. Trailhead at intersection of SR 93 and SR 424.</li> </ul>
<b>Mountaintop</b>	<ul style="list-style-type: none"> <li>▶ Rice Township Municipal Park, 3000 Church Road</li> <li>▶ Wright Township Recreational Park, Park off Rt. 309.</li> </ul>
<b>Shickshinny</b>	<ul style="list-style-type: none"> <li>▶ Mocanaqua Loop hiking trails, from Rt. 11 across the Shickshinny Bridge (Route 239), take the first left. Visit <a href="http://www.earthconservancy.org">http://www.earthconservancy.org</a> for maps.</li> </ul>
<b>Sweet Valley</b>	<ul style="list-style-type: none"> <li>▶ PPL Riverlands Park, Rt. 11. Visit <a href="http://www.pplweb.com/susquehanna+riverlands/">http://www.pplweb.com/susquehanna+riverlands/</a> for maps.</li> <li>▶ Ricketts Glen State Park, Rt. 118.</li> </ul>
<b>West Nanticoke</b>	<ul style="list-style-type: none"> <li>▶ Moon Lake County Park, Rt. 29.</li> </ul>
<b>West-Side</b>	<ul style="list-style-type: none"> <li>▶ Back Mountain Trail, Luzerne. Trailhead at top of Parry Street. Park at Knights of Columbus Hall.</li> <li>▶ Levee Trail, Edwardsville, adjacent to K-Mart off Rt. 11. Park at shopping center.</li> <li>▶ Levee Trail, Forty Fort. Park at County Recreation Park Access also on River Street just before Fort Street.</li> <li>▶ Levee Trail, Kingston. Park at Kingston Recreation Center, Third Street. Trail access also available at Pierce Street Bridge and at Church Street.</li> <li>▶ Riverfront Park Trails, Kingston. These nature trails are located on the river-side of the levee at Kirby Park, and adjacent to Nesbitt Park on Market Street.</li> <li>▶ Levee Trail, Plymouth. Park off Rt. 11, South of High School.</li> <li>▶ Levee Trail, Wyoming. Access and parking off Rt. 11 just past the Midway Shopping Center.</li> <li>▶ West Pittston Cemetery, Clyde Street.</li> <li>▶ West Side Trail, urban trail on Rt. 11 to Schooley Avenue.</li> </ul>



- White Haven**
  - ▶ Lehigh Gorge State Park. Follow PA 940 east to the Thriftway store. Go through the Thriftway parking lot and bear left to the state park access area.
  - ▶ Nescopeck State Park. Follow PA 309 south to Honey Hole Road. The park begins along Honey Hole Road, a short distance east of the I-80 underpass.

- Wilkes-Barre**
  - ▶ Levee Trail, South Wilkes-Barre to Breslau. Park at Willow Street Park, South Wilkes-Barre.
  - ▶ Seven Tubs Nature Area (“The Tubs”). Nature and hiking trail, Bear Creek, off Rt. 115 near Northeast Extension (476) entrance.



## Swimming

Swimming is a great activity. There are a number of outdoor and indoor pools throughout Luzerne County. Many are open to the public for a small fee; and for some you must be a member or resident. Contact your local YMCA or see the locations below:

<b>Back Mountain</b>	<ul style="list-style-type: none"> <li>▶ College Misericordia, Lake Street, Dallas.</li> <li>▶ Dallas Middle/High School, Conyngham Avenue.</li> </ul>
<b>Conyngham</b>	<ul style="list-style-type: none"> <li>▶ Pool Club at Willow Park off Main Street.</li> </ul>
<b>Mountaintop</b>	<ul style="list-style-type: none"> <li>▶ Fairview Township Park, Memorial Drive off N. Main Road.</li> </ul>
<b>West Nanticoke</b>	<ul style="list-style-type: none"> <li>▶ Moon Lake County Park, Rt. 29.</li> </ul>
<b>West-Side</b>	<ul style="list-style-type: none"> <li>▶ Forty Fort Borough Pool, off Rt. 11.</li> <li>▶ Kingston Borough Pool, Lathrop Street.</li> <li>▶ West Pittston Borough Pool, Baltimore Avenue.</li> </ul>
<b>Wilkes-Barre</b>	<ul style="list-style-type: none"> <li>▶ Kistler Elementary School, Old River Road, South Wilkes-Barre.</li> <li>▶ Coal Street Park, Coal Street.</li> </ul>