

CENTENNIAL WALKING TRAIL

In partnership with
Jefferson County Turning Point Partnership

Project Goal/Objectives:

1. Increase opportunities for **WIC families** and community residents to become physically active
2. Increase physical activity among parents and/or guardians who bring children to play at community playground
3. Increase awareness of **WIC program**

Project Scope/Narrative:

The Jefferson County Turning Point Partnership (JCTPP) has been interested in building a walking trail around the community playground for over a year. The community built the playground with volunteer hours. Currently there are only benches for parents to sit on while children are playing. By building a trail around the playground parents will be able to walk while their children are playing. This is a great opportunity for expecting moms who have children. The parents will be able to see their children from all locations on the trail. The JCTPP has planned community walks and will provide healthy recipes and other healthy lifestyle tips as well as **WIC outreach** material at each of the events.

Testimonial:

I am so glad to see the improvement in the park! For so long, it wasn't a place you'd want to take a child but now, with the new playground equipment and the new walking trail, the park is a real pleasure! I'm staying with my parents temporarily while I finish school, so on the afternoons when I don't have class, I've been taking my son, Grady, down there to play while I walk the track. Because of the signs, I know that for every five times I go around, I've done a mile. I think the signs are great, too. I really appreciate the **Health Department WIC** and the Turning Point Coalition for the new walking trail.

Shannon Smith, **WIC Mom**



Testimonial:

Jazmine and I go to the park about twice a week and enjoy the new walking trail. It helps us get outside to get fresh air and helps me get some exercise I need with my pregnancy. I love to watch her play with the other children on the playground equipment. Thank you so much for building the walking trail.

Jennifer Simon, **WIC mom** (pictured above)



Project Outcomes:

1. 760 ft walking trail around a children's playground
2. Signage promoting the importance of eating healthy and staying active

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