

PARKS Rx

Your Prescription For Better Health

REACH FOR BETTER HEALTH

- Maintain normal body weight
- Get 150 minutes of moderate-intensity aerobic exercise each week
- Eat meals rich in fruits, vegetables and low-fat dairy products
- Limit added sugar, sodium, saturated fats and total fats in your diet
- Limit alcohol consumption
- Avoid using tobacco



Learn more about REACH for Better Health:

www.REACHforbetterhealth.com/parksrx
(205) 975-7904

Please consult with your healthcare provider before beginning any exercise program.

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- 1 - Railroad Park
- 2 - Rotary Trail
- 3 - Stockham Park
- 4 - Avondale Park
- 5 - East Thomas Park
- 6 - East Lake Park
- 7 - Ruffner Mtn. Nature Preserve
- 8 - Red Mountain Park
- 9 - High Ore Line Trail
- 10 - Morris Rec Center

For more information about getting active at your local park, visit:
www.REACHforbetterhealth.com/parksrx

A healthy living initiative led by the

UAB MINORITY HEALTH AND HEALTH DISPARITIES RESEARCH CENTER



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