

Great New
Year's
Resolution
Ideas/
Activities!

SPECIAL



EDITION

PARTNER SPOTLIGHT ON PHYSICAL ACTIVITY



Many of us have set our sights on being more healthy or staying that way in 2020. But where do you start or how do you shake up that routine of yours? We've made it simple to at least check out your options. Thanks to our Be Healthy QC Coalition members, we've compiled some partner programs, activities, and tips that will help you [Move More](#) this year! Keep in mind, this is just a sampling and any questions should be sent directly to partner contacts given.



QCTrails.org is a "one-stop-shop" of locations and details on more than 400 miles of non-motorized trails in both northwestern Illinois and eastern Iowa. Whether you're a walker, hiker, runner, horseback rider, cyclist, snowshoer, or kayaker - this site has you covered in all four seasons to get out and [Move More!](#)

Parks and Recreation Departments on both sides of the river offer several opportunities to get/keep active - yes, even during the winter months!

[Bettendorf](#)

- [Parks and Recreation Department](#)

[Davenport](#)

- [Parks and Recreation Department](#)

winter sports



Moline

- [Parks and Recreation Department](#)

Rock Island

- [Community/Parks and Recreation Department](#)

YMCA facilities aren't only for our youth. They are chock-full of heart-pumping activities for all ages - regardless of whether you're in Iowa or Illinois!

[Scott County Family YMCA](#)

[Two Rivers YMCA](#)



Still need motivation? We all love accomplishing multiple things with one task, right?! Consider getting some fresh air, increasing your circulation and cardio a bit, AND having some laid back time with a physician where you not only learn something health-related, but get to ask the doc anything! It's an actual program called [Walk with a Doc](#) and we've got walks, here in the Quad Cities, organized at least once a month.

UnityPoint Health - Trinity offers healthy lifestyle programs to the community. You can choose between a one-time consultation or 8 week program (available for ages 5 to Adult).

Contact UPH Trinity Wellness at 309-779-3700 or trinity.wellness@unitypoint.org



Bottom Line:

(compiled from Genesis Health System's Wellness Coordinator - for more information call 563-421-3871):

- When it comes to an exercise plan/program there's no one size fits all.

- Do what you enjoy, can afford, and what will help you meet your fitness goals.
- Overwhelmed on how to start? Seek help from a trusted friend or professional who has mastered a healthy lifestyle you appreciate.
- Get a workout partner or join a class.
- Be consistent!

Quad City Health Initiative | 563-421-2826 | quadcityhealthinitiative@gmail.com | qchealthinitiative.org

STAY CONNECTED:

