

## HEALTHY TRAILS REGISTRATION

Please print clearly.

Name (s)

Age

(if under 18)

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Address

City

Zip Code

Phone (area code)

Email

Today's Date

Mail to:

Santa Clara County Parks  
298 Garden Hill Drive  
Los Gatos, CA 95032-7669

or Fax to: (408) 355-2290

Registration can also be made online at  
[www.parkhere.org](http://www.parkhere.org) (click on Healthy Trails),  
or call (408) 355-2201

Cut here



*Your path to fitness, fun and adventure*



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FIRST EDITION

Presented by



[www.parkhere.org](http://www.parkhere.org)

In partnership with:



Nutrition & Wellness

Public Health Department

Santa Clara Valley Health & Hospital System



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298 Garden Hill Drive  
Los Gatos, CA 95032-7669

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# Welcome to Healthy Trails

Are you ready to increase your physical activity, reduce stress, energize your heart and lungs, relax and feel better — while you connect with nature and enjoy the outdoors? If you're ready to improve your health, then you're ready to make Healthy Trails your path to fitness, fun and adventure!

## What is HEALTHY TRAILS?

Healthy Trails is a FREE fitness challenge providing a fun and adventurous way to exercise, get fit and to connect with nature as you explore miles and miles of spectacular Santa Clara County park trails.

## Why HEALTHY TRAILS?

- “Nature Deficit Disorder” is affecting many children, teens and adults. People are choosing to sit in front of a TV or computer rather than go outside and play for health and recreation.
- An epidemic of childhood and adult overweight and obesity has swept the nation. These conditions can lead to chronic disease, such as: type 2 diabetes, asthma, high cholesterol, high blood pressure, heart disease, cancer and other life-threatening conditions.
- Getting fit in the outdoors can be fun and may produce a greater appreciation for the natural, cultural and historic areas along Santa Clara County park trails.



**Make Santa Clara County Parks Healthy Trails your “Outdoor Fitness Center.”**

## How does the HEALTHY TRAILS CHALLENGE work?

- First, you must **become a registered participant** in Healthy Trails. See registration form in this brochure, or call, fax or go online to sign up.
- **Choose at least 5** of 21 Santa Clara County Parks Healthy Trails. Select trails according to your ability and interest — from easy to moderate to strenuous.
- Then, **walk, ride, run or roll 5 different trails** within twelve months or by October 17, 2008.
- Next, **fill out and submit** the Healthy Trails Log and Evaluation by October 31, 2008 to the County Parks Department.
- **Gifts await you!** You'll receive a gift just for signing up and a gift for successfully completing the trails challenge. However, the best gifts are the endless benefits you'll receive from feeling better, becoming more physically fit and having explored and enjoyed miles and miles of awesome regional trails.



## Who can sign up?

Everyone! Children, adults of all ages, those in wheelchairs, organized groups and companies, school classrooms — practically anyone who desires to exercise and to connect with nature all at the same time!

*Note: Always check with your primary care physician before starting any fitness program.*

## How do I sign up?

Select the method that works best for you:

- **Go online** to [www.parkhere.org](http://www.parkhere.org) and click on Healthy Trails, and then on Registration.
- **Call** (408) 355-2201 and a reservations clerk will assist you. Open Monday - Friday, 8:30-11:30 am & 12:30 - 4:00 pm.
- **Fax** a completed registration form to (408) 355-2290 and it will be processed.
- **Mail** registration, or visit our office:

Santa Clara County  
Parks and Recreation  
Department  
298 Garden Hill Drive  
Los Gatos, CA 95032-  
7669

Open 8 am to 5 pm.  
Monday - Friday

