

SECOND EDITION



# Healthy Trails

*Your path to fitness, fun and adventure*

Presented by



Chronic Disease and Injury Prevention  
Public Health Department



## Healthy Trails

*Your path to fitness, fun and adventure*

Once you have finished five trails, you have completed the Healthy Trails Challenge!

Fill out the log below and evaluation on the back and return to receive your completion gift.

### Healthy Trails Log *Please print clearly.*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

( ) \_\_\_\_\_

DAY PHONE \_\_\_\_\_

Number of registered family or group members completing the Challenge: \_\_\_\_\_

Names of registered family or group members completing the Challenge:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**1.**

TRAIL NAME \_\_\_\_\_

MILES \_\_\_\_\_

**2.**

TRAIL NAME \_\_\_\_\_

MILES \_\_\_\_\_

**3.**

TRAIL NAME \_\_\_\_\_

MILES \_\_\_\_\_

**4.**

TRAIL NAME \_\_\_\_\_

MILES \_\_\_\_\_

**5.**

TRAIL NAME \_\_\_\_\_

MILES \_\_\_\_\_

\_\_\_\_\_  
TOTAL MILES COMPLETED

You made it! Great job!!!

Questions? Call (408) 355-2268

(Over)

# Evaluation

Please tell us what you think of the program.

1. How did you travel the trails? (Circle any that apply)

Walk/Hike    Bike    Horse    Skates/Blades  
Stroller    Wheelchair    Dogs on Leash

2. In what ways was the Healthy Trails program beneficial to you?

- You increased your physical activity level
- Weight loss
- Visited new parks
- Visited parks more often
- Time with family
- Informative guidebook
- Health tips

3. How did you hear about the Healthy Trails program?

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4. How can we improve the Healthy Trails guidebook?

---

5. How can we improve the Healthy Trails program?

---

6. Optional: Please tell us your racial/ethnic background:

- African American / Black
- Caucasian / White
- Chinese
- Latino / Hispanic / Mexican American
- Other Asian/Pacific Islander
- Vietnamese
- Other \_\_\_\_\_

## Returning Your Log


Fill out and return this log via:

**Mail: Santa Clara County Parks  
Healthy Trails Program  
298 Garden Hill Drive  
Los Gatos, CA 95032-7669**

**Fax: (408) 355-2290**

**Or visit: [www.parkhere.org](http://www.parkhere.org)**

**Now challenge yourself to finish  
5 more trails!**



*Healthy Trails is presented by:*

## Kaiser Permanente San Jose

### Public Affairs/Community Benefit

250 Hospital Parkway • San Jose, CA 95119

Phone: (408) 361-2047

www.kp.org/sanjose and click on "About Us" and "Our Community."

To learn more about Kaiser Permanente's **Kick Start Eat Smart Initiative**, go online to [www.cdm.org/kickstart](http://www.cdm.org/kickstart)

## Santa Clara County Public Health Department

### Chronic Disease and Injury Prevention Division

1400 Parkmoor Avenue, Suite #120B • San Jose, CA 95126

Phone: 408-793-2700 • Fax: 408-793-2731 • [www.sccphd.org](http://www.sccphd.org)

*Healthy Trails* is supported in part by **Steps to a Healthier Santa Clara County** which is funded through a Cooperative Agreement with The Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services (DHHS).

## Santa Clara County Parks Department

298 Garden Hill Drive • Los Gatos, CA 95032

Phone: (408) 355-2200 • Fax: (408) 355-2290 • [www.parkhere.org](http://www.parkhere.org)

### Special thanks to:

#### Santa Clara County Parks staff:

Greg Bringelson

*Senior Park Maintenance – Trail Crew*

John Falkowski

*GIS Technician II*

Carrie Grisenti

*Outdoor Recreation staff*

Don Rocha

*Natural Resources Program Supervisor*

Sabine Sander

*Outdoor Recreation staff*

#### The Outdoor Recreation Program Docents:

Michael Boulland

Janice Frazier

Donna Gillette

Ken Halsey

Ron Horii

Cait Hutnik

Kitty Monahan

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**1.** TRAIL NAME \_\_\_\_\_ MILES \_\_\_\_\_

**2.** TRAIL NAME \_\_\_\_\_ MILES \_\_\_\_\_

**3.** TRAIL NAME \_\_\_\_\_ MILES \_\_\_\_\_

**4.** TRAIL NAME \_\_\_\_\_ MILES \_\_\_\_\_

**5.** TRAIL NAME \_\_\_\_\_ MILES \_\_\_\_\_

TOTAL MILES COMPLETED \_\_\_\_\_

You made it! Great job!!!

**Questions? Call (408) 355-2268**

(Over)

# Santa Clara County Parks



- County Parks
- Other Public Parks and Open Space of Regional Significance
- Park Connector Trails
- Major Rivers and Creeks

## SANTA CLARA COUNTY PARKS



Santa Clara County Parks and Recreation Department

298 Garden Hill Drive  
Los Gatos, CA 95032-7669

Phone: (408) 355-2200

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



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