

HEALTHY TRAILS REGISTRATION

Register by mail, phone, fax or online

Santa Clara County Parks
298 Garden Hill Drive • Los Gatos, CA 95032-7669
Phone: (408) 355-2268 • Fax: (408) 355-2290
www.parkhere.org

Please print clearly.

Name

Address

City State Zip

Phone (area code)

Email

Today's Date

Family Member/Group Member Registration:

*List any additional family or group members living at the same address.

Please use a separate form for members at other addresses.

Name Age (if under 18 years)

1

2

3

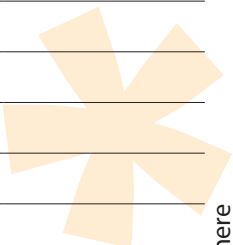
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5

6

Group Name (if applicable)

Enjoy the Healthy Trails Challenge!



Cut here



Santa Clara County Parks and Recreation Department

298 Garden Hill Drive
Los Gatos, CA 95032-7669

www.parkhere.org

Printed on recycled paper. 0410/JMC

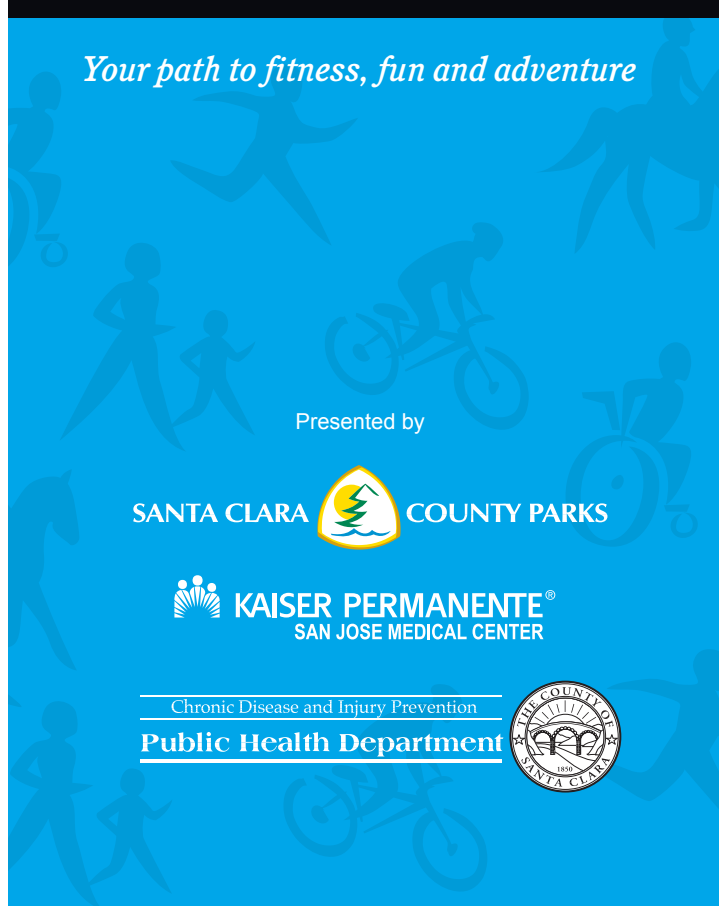


SECOND EDITION



Healthy Trails

Your path to fitness, fun and adventure



Presented by



Chronic Disease and Injury Prevention
Public Health Department



Welcome to



Healthy Trails

Your path to fitness, fun and adventure

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?

- Break the trend of the ever increasing sedentary indoor lifestyle. People are choosing to sit in front of a TV or computer more and more. Choose instead to go outside and play for health and recreation.
- Combat the epidemic of childhood and adult obesity that has swept the nation. Being overweight or obese can lead to chronic disease, such as: type 2 diabetes, asthma, high cholesterol, high blood pressure, heart disease, cancer and other life-threatening conditions.
- Have fun getting fit in the outdoors and attain a greater appreciation for the natural, cultural and historic areas along Santa Clara County park trails.



Make Healthy Trails your outdoor fitness program — it's FREE!

How does the Healthy Trails Challenge work?

- First, you must **become a registered participant** in Healthy Trails. See "How do I sign up?"
- **Choose at least 5** of 22 Santa Clara County Parks Healthy Trails featured in the second edition of the Healthy Trails Guidebook which you'll receive upon registration. Select trails according to your ability and interest — from easy to moderate to strenuous.
- Then, **walk, ride, run or roll the 5 different trails.**
- Next, **fill out and submit** the Healthy Trails Log and Evaluation 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.
- **Keep it going!** Once you finish your first five trails, you can start right in on your second five. Those who finish five or more additional trails will also receive a gift. Re-registration is required (by phone only: 408-355-2268). A second Healthy Trails log can be found in your Healthy Trails Guidebook, or online at www.parkhere.org.



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 and click on Healthy Trails, and then on Registration.
- **Call** (408) 355-2268 any time to register.
- **Fax** a completed registration form to (408) 355-2290 and it will be processed.
- **Mail** registration form to, or visit our office:

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

Open 8 AM to 5 PM
Monday - Friday

**Register your family members and/or group members on one registration form only if at the same address. Family or group members with different addresses must submit separate registration forms.*

