



**CENTRAL TEXAS
DIABETES COALITION**

Physical Activity Programs- Free of Charge

<p style="text-align: center;">Austin/Travis County Health and Human Services Department Walk Texas! ACTIVE AUSTIN 10 Week Challenge</p> <p>The Walk Texas! ACTIVE AUSTIN 10-Week Challenge is designed to encourage people to become more physically active. Join as a family, a group, a worksite, or as an individual. Anyone who lives or works in Austin or Travis County can participate. The program provides a group leader orientation, an incentive plan, and a tracking system for starting a physical activity group (such as a walking group, bike club, swim club, etc.)</p> <p>Language: English Schedule: Offered four times per year. Call for next orientation session Contact: Sabrina McCarty, Health Educator (512) 972-5463 Website:</p>	<p style="text-align: center;">Endeavor Rehab Center / Body Trainers Diabetes and Hypertension Exercise Program</p> <p>A community based initiative to provide support and guidance on creating and maintaining an exercise program to manage health related needs. Led by a Body Trainers fitness professional.</p> <p>Language: English Schedule: Monthly – Call for dates and times Contact: Endeavor Rehab (512) 284-7192 Comments: Free and open to the public. For updated class listing and registration, Website: http://www.endeavorrehab.com/Home/Newsletter/tabid/19741/Default.aspx</p>
<p style="text-align: center;">Marathon Kids Run a Marathon</p> <p>Six month incremental running/walking/gardening/nutrition program for K-5th grades in many Austin, Round Rock, Del Valle, Manor School District Schools.</p> <p>Language: English and Spanish Contact: Ask your child’s PE teacher or Principal to see if your school is participating. More information is available at www.marathonkids.com Website: www.marathonkids.org</p>	<p style="text-align: center;">WilCo Wellness Alliance Exercise is Medicine Project</p> <p>Free eight-week series of exercise classes for individuals with type 2 diabetes who have been referred by their health care provider.</p> <p>Language: English and Spanish Schedule: Call for next series of classes Contact: Melissa Cole (512)248-3252 Comments: Patients at the following 3 clinics in Williamson County may be eligible for this program if they are referred by their health care provider: Brushy Creek Family Physicians, Lone Star Circle of Care, Seton Family of Doctors. This program will be expanding to more clinics in the future.</p>

*This list is not exhaustive and inclusion does not mean endorsement by the City of Austin.
 Due to schedule changes, always call to confirm dates and times of classes.

Visit our website <http://www.austintexas.gov/department/diabetes> for the most updated list of resources. Last updated 4/2011.

**Texas AgriLife Extension Service
Walk Across Texas!**

8 week web-based fitness program to promote healthy weight management for youth and adults.

Language: English/Spanish

Schedule: Call for schedule.

Contact: Contact Dolores Sandman, Travis County Extension Agent at (512)854-9600 or email:

dsandman@ag.tamu.edu

Website: <http://walkacrosstexas.tamu.edu>

City of Austin Parks and Recreation Department

The City of Austin Parks and recreation Department offers opportunities for Leisure time Physical Activity for ALL age groups. We have 21 recreation centers, 3 senior activity centers, and hundreds of acres in parks and trails throughout Austin. Visit our website for more details on programming offered and facility and park locations.

<http://www.austintexas.gov/parks>

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