



Del Norte Active Living Coalition May 2020

An Active Healthy Community

The Active Living Coalition exists to promote and create active healthy living opportunities for all people in Del Norte County. The Active Living Coalition is made up of members who represent the local government agencies, non-profit organizations, businesses, and community members. We meet regularly to discuss active living intervention strategies to achieve the mission of the Active Living Coalition for all people living in Del Norte County. For more information for Del Norte Active Living Coalition please contact, Active Living coalition chair, Amber Wier; amber.wier@co.del-norte.ca.us. For more information on physical activity and resources, check [Del Norte CalFresh Healthy Living](#)

Del Norte Active Living Resource Guide

Physical Activity Programs for Youth and Families

Signage

HEALTHY LIVING MEETING
Tonight In The Gym at 6:00

COMMUNITY CENTER

Be Physically Active!

Access to Safe Trails

Intergenerational Activities

Safe Sidewalks and Walkways

Active Transportation

BIKE LANE

Community Physical Activity

330081/Wr_04/17

California SNAP-Ed is administered by the California Department of Social Services in partnership with the California Department of Public Health, UC CalFresh, California Department of Aging, and Catholic Charities of California, Inc.

Del Norte Active Living Coalition currently focuses on creating Del Norte Active Living

Resources Guide. The resources guide will cover the local active living resources and information such as parks, walking and biking trails, free or low-cost physical and recreational activities offered throughout the seasons, and local businesses that promote active living. For more information on Del Norte Active Living Resource Guide, please contact Active Living coalition chair, Amber Wier; amber.wier@co.del-norte.ca.us.

Physical Activity Basics

Physical activity fosters normal growth and development, improves overall health, can reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better. Some health benefits start immediately after activity, and even short bouts of physical activity are beneficial.

Information Retrieved from CDC's [Physical Activity Basics](#)



Physical Activity Guidelines

Preschool-Aged Children (3-5 years)

Physical Activity every day throughout the day
Active play through a variety of enjoyable physical activities

Children and Adolescents (6-17 years)

60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily
A variety of enjoyable physical activities
As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

- Vigorous Activity such as running or soccer
- Activity that strengthens muscles such as climbing or push ups
- Activity that strengthens bones such as gymnastics or jumping rope

Adults (18-64 years)*

At least 150 minutes a week of moderate intensity activity such as brisk walking
At least 2 days a week of activities that strengthen muscles

*Aim for the recommended activity level but be as active as one is able

Older Adults (65 years and older)*

At least 150 minutes a week of moderate intensity activity such as brisk walking
At least 2 days a week of activities that strengthen muscles
Activities to improve balance such as standing on one foot








*Aim for the recommended activity level but be as active as one is able

Check out the [The Current Physical Activity Guidelines](#)

Adding Physical Activity to Your Life

Don't worry if you're thinking, "How can I get the recommended amount of physical activity each week?" You'll be surprised by the variety of activities you have to choose from. To meet the recommendations for aerobic activity, basically any aerobic activity counts, as long as it's done at a moderate- or vigorous-intensity. Any amount of physical activity has some health benefits. Information retrieved from CDC's [Adding Physical Activity to Your Life](#)






Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk	30 minute brisk walk	30 minute brisk walk	Weight Training	30 minute brisk walk	30 minute brisk walk	Weight Training
						

Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity



Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25 minute jog		25 minute jog and weight training		Weight training	25 minute jog
			 			

Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Total: 75 minutes vigorous-intensity aerobic activity + 2 days muscle-strengthening activity

Example 3: Mix of Moderate- & Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk	15 minute jog	Weight Training	30 minute brisk walk	Weight Training	15 minute jog	30 minute brisk walk
						


Example 3: Mix of Moderate- & Vigorous-Intensity Activity and Muscle-Strengthening Activity

Total: The equivalent of 150 minutes of moderate-intensity aerobic activity + 2 days muscle-strengthening activity


1

BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner



HealthierGeneration.org



HealthierGeneration.org




Push-Ups




Begin in push-up position, on knees or toes. Perform regular push-ups, abs in and back straight.

Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

HealthierGeneration.org



Wall SITS



Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold.

To add intensity, hold weights or squeeze a ball between the knees.

HealthierGeneration.org



Crunches



Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

PORTS Home Learning Programs

National and State Parks California offers Parks Online Resources for Teachers and Students (PORTS), excellent distance-learning program. These educational programs originate from state parks across Californian-including North Coast Redwoods District-and are specifically tailored for k-12 students. For programs information and registration, check [California State Parks PORTS Website](#)

Information retrieved from [California Department of Parks and Recreation](#)

Del Norte Coast Redwoods State Park Update

UPDATE (May 1, 2020): This park is temporarily closed to vehicular access, meaning there are no parking facilities and parking on roadways is prohibited to protect public health from the COVID-19 pandemic. Although this park is open to local residents, they must abide by the following guidelines:

- Stay Local: Walk or bike into the park. Do not drive to the park.
- Stay Active: Keep walking, jogging, hiking and biking. Watch for one-way trails.
- Stay Safer at 6 Feet: Maintain a physical distance of 6 feet or more. Gatherings, picnics and parties are not allowed. Visitors are being asked to leave if there are too many people at the park or on trails to allow for the required physical distance.
- Stay Clean: Be prepared. Bring soap/sanitizer and pack out all trash.

Statewide, many parks and beaches are temporarily closed or have very limited access to ensure Californians are abiding and practicing physical distancing. The goals are to make sure people are safe and to mitigate the spread of COVID-19 as much as possible.

Information retrieved from [Del Norte Coast Redwoods State Park](#)

Support Cycling Programs in California

BUY THE BIKE PLATE!

According to California Department of Public Health, "the Department of Motor Vehicles will begin the process of creating the program to issue the California bicycle license plates upon receipt of 7,500 pre-paid applications".

"Your purchase of the California Bike Plate will generate grants to promote cycling as a physical activity, fund bike skill development and nutrition education at the elementary school level and create safe places to ride through cycling advocacy. Grants will also support earn-a-bike programs for at-risk youth, middle and high school programs, promote bicycles as transportation and conduct safety and share the road education programs for drivers and cyclists".

[Pre-order Your Plate Now](#)

Information retrieved from [Calbikeplate.com](#)

Pre-order the California Bicycle Special License Plate for your California registered car, truck, trailer, or motorcycle.

Pre-order Below



Original Sequential Plate (\$50)



Create New Personalized Plate (\$103)



Exchange Existing Personalized Plate (\$103)

Order Your Free Resources

SHAPE OF YOGA

Shape of Yoga is a booklet of 10 basic yoga poses that encourages families to exercise together with yoga, building strength and flexibility.

Shape of Yoga is a fun way for you to exercise daily and get some insightful nutrition tips.

Download your copy today [Shape of Yoga Text Link](#)

Request your free copy today [Contact Us](#)



[Del Norte CalFresh Healthy Living](#)

