



Alachua County:

- The Alachua County Medical Society promotes the COACH (Combating Obesity for Alachua County's Health) walking program for all County residents. The COACH project received national recognition and was awarded the Health Awareness Promotion (HAP) award by the American Medical Alliance. The Alachua County Medical Society has partnered with multiple organizations throughout the community to facilitate "Weekly Wellness Walks" and has had Walk Leaders from the Community lead the community walks each week. The COACH "Weekly Wellness Walks" took place on Saturday mornings in January 2015.

Bradford County

- Bradford County offers a Neighborhood Watch program in their community.

Broward County:

- Broward County implemented a county-wide Bike-sharing system that now includes 25 station locations, up from 22 in 2014. Monthly ridership during 2015 averaged to 4,100, a 17% increase from 2014. Bikes are equipped with computers to track mileage and calories burned. Users who purchase day passes or annual memberships can check out and return bikes at any station throughout the county.

Citrus County

- Citrus County has two breastfeeding cafes located in Lecanto and Inverness that are open to the public. The county also offers a Breastfeeding Peer Counselor Program that provides education to mothers. Educational materials such as "Business Case for Breastfeeding" tool kits are also provided to local businesses.

City of Apalachicola:

- The City of Apalachicola has partnered with a local vendors to establish the "Apalachicola Farmers Market." The Farmers Market is available at Apalachicola's Mill Pond Pavilion every second and fourth Saturday of the month. The Farmers Market is a compliment to Apalachicola's Community Garden that has been in existence for a number of years.

City of Belleview

- The City of Belleview's Land Development Regulations and Comprehensive Plan requires bicycle and walking infrastructure for all new construction. The City has a sidewalk fund that is allocated to completing sidewalk linkages throughout the community.

City of Bradenton:

- The City of Bradenton currently has nine parks with a total of 63.9 acres. The city is in the process of developing a tenth park that will include a community garden and kayak launch.

City of Cedar Key

- The City of Cedar Key has redeveloped 10 miles of roadways and added sidewalks for safe and convenient travel for drivers, transit-users, pedestrians and bicyclists.

City of Clearwater:

- In order to promote physical activity, the City of Clearwater has enacted a wellness policy emphasizing employee and community wellness. The city implemented a program called “Healthy Choices for a Healthy Clearwater” in which local employees and residents can sign up by committing to make at least one healthy choice a day. After signing up, the member receives an ID card that gives them access to discounts with local businesses that have agreed to partner with the program.
- The City of Clearwater distributes a monthly newsletter that discusses health information and highlights local businesses that offer healthy choices. Clearwater is also involved in health and wellness opportunities by partnering with various organizations to hold events and support community initiatives. Within the City, Pinellas County promotes a program called *Find the Fun Now* that provides information on healthy activities occurring throughout the community. (www.findthefunnow.com)

City of Clermont

- The City of Clermont has 350 acres designated for parks and recreation, and 25 parks that include regional parks, community, neighborhood, and mini or pocket parks. The City also offers Lake Hiawatha Preserve, a 2017 acre passive park with miles of open trails and playground.

City of Coconut Creek:

- The City of Coconut Creek, in partnership with the Broward County MPO, hosted a *Let’s Go Biking* event in March 2015. The 10K bike route began and ended at the City’s signature park, Sabal Pines Park, and included a stop at Broward County’s Tradewinds Park, to highlight the City’s biking facilities and encourage residents to be active. The event also included bike safety information and helmet giveaways. The City plans to continue this partnership annually.

City of Crescent City:

- The City of Crescent City continues to work with the Putnam Health & Fitness Center in Pomona Park to increase organized physical activities.
- The City has completed designing a 3.5 mile looped multiuse trail, mentioned as a work in progress last year. This effort was developed through several workshops and public meetings.

City of Deerfield Beach:

- The City of Deerfield Beach, through its Parks and Recreation Department, is adopting Let’s Move! standards. They are being incorporated into After School programs and emphasize increasing physical activity by having Fun Fit Time, Running Club and 45 minutes of sports daily.
- The City has also implemented its Park Explosions Program in which the City staff will go out into our neighborhood parks and “bring the activity” to the participant. Through this program, basic sports skills such as soccer, baseball, basketball, and volleyball are taught to participants. Recreational activities are offered to encourage play and physical movement, including a vegetable garden to help encourage “seed to plate” education and environmental awareness. The program also offers “Cooking Creations” once a month to introduce new foods, cooking techniques, and nutritional education.

City of Delray:

- The City of Delray Beach promoted “Bike to Work Day,” urging people to switch from the gas pedal to the bicycle pedal. As part of National Bike Month, Delray Beach encouraged drivers to leave their cars at home and take advantage of the ideal venue that the city offers for bike riding. A self-guided bike tour throughout the historic district is a journey into Delray's past that showcases the beauty of their world-class beach, parks, and charming neighborhoods.
<http://www.bikeleague.org/bikemonth>

City of Doral:

- The City of Doral has implemented a personal training permit to allow personal training at City parks. Previously, this was not permitted as the park rules prohibited individuals from making a profit off of the city parks. However, in an effort to allow residents to use our parks to be physically active and be trained by a professional, the personal training permit was created to allow personal trainers to train clients at the city parks and use park amenities, while benefitting from being outside.

City of Ft. Lauderdale:

- The City of Ft. Lauderdale developed a “Connecting the Blocks” program that identified the creation of a network of bicycle pathways to major destinations. The plan for the final network was created through working with residents to determine where bicycle facilities were needed. The City also offers a “LauderLink” application that is available to report maintenance issues. The system forwards the reports to the appropriate department and there is a policy developed to require response within a certain time period.

City of Ft. Myers:

- The City of F. Myers in Lee County has been honored for its commitment to build cost-effective, high performing and environmentally-friendly buildings. Certified projects include: JetBlue Fenway South, Six Mile Cypress Preserve Interpretive Center, The Broadway Apartments and Stella Apartments (Both using the Neighborhood Stabilization Program and the SWFL Affordable Housing Choice Foundation). The new LeeTran Facility and Fort Myers Regional Library projects are completed and LEED certified.

City of Ft. Walton Beach:

- The City of Ft. Walton Beach has a running and walking team that competes against other local jurisdictions. The City also has run/walk weight loss events. The City encourages and rewards employees for losing weight and has developed a wellness fair to promote healthy lifestyles.

City of Hallandale

- The City of Hallandale is a Let's Move! Community as well as a Playful City USA. The City offers healthy families programming through their Parks and Recreation Department and have received a “Healthy Communities Zone” grant to promote walkable communities, address food deserts, and support smoking cessation.

City of Hollywood

- The City of Hollywood maintains over 6.5 miles of walking trails and recently initiated the “Get Walking” program. The program provides free pedometers at several locations throughout the city, an online map of each location, as well as distance information and safety tips. The City also has a Parks Master Plan that identifies gaps in the park system, playground and park maintenance, and connections that need to occur for community park and sidewalk connectivity.

City of Key West

- The City of Key West actively gives away vegetable seedlings and partners with the Extension Service to teach community members how to garden in their own backyards.

City of Lake Butler:

- The City of Lake Butler prioritizes maintaining their community’s system of parks and network of walking trails.

City of Lakeland:

- The City of Lakeland launched a pilot fitness class open to employees as part of its Wellness Program. It started as a once-a-week Pilates class, but in 2015 expanded to 13 classes a week offering a variety of activities such as kickboxing and group walking in addition to Pilates. An average of 45 employees a week take advantage of the classes. In addition to the fitness programs, special health and fitness educational sessions are offered throughout the year covering a variety of topics related to nutrition, weight management, stress management, and controlling diabetes. Each session is attended by approximately 25 to 30 employees.
- In 2015, the City’s Neighborhood Outreach Program and Community Redevelopment Agency funded Bike Maintenance Stations in two neighborhood parks to help promote bicycling as a healthy, affordable and fun means of physical activity. The bike maintenance stations include air pumps and all the tools necessary to perform basic bike repairs and maintenance, from changing a flat to adjusting brakes and derailleurs.

City of Largo:

- In order to promote physical activity, the City of Largo sponsors a walking program, three outdoor fitness zones, and trail markers to various destinations.

City of Madison:

- The City of Madison maintains six parks that provide recreation for all ages. The parks include playground equipment, a skateboard ramp, a football/soccer field, basketball courts and a walking trail with exercise stations.

City of Marco Island

- The City of Marco Island has a Farmers Market that runs from November through April and is accessible by sidewalk, shared use pathways, and the county-wide transit system.

City of Mariana

- The City of Mariana offers a centrally located Farmers Market that accepts Supplemental Nutrition Assistance Program (SNAP) benefits. Mariana has prioritized developing and promoting the market to the community to increase the city's access to fresh, conveniently located produce.

City of Monticello

- The City of Monticello offers an irrigated community garden free of charge and accessible to all community members in order to increase community members' access to fresh produce.

City of New Smyrna Beach:

- The City of New Smyrna Beach owns and maintains several parks and has adopted a Sidewalk Master Plan in order to complete the existing pathway network.

City of Newberry:

- The City of Newberry is approved to implement bike facilities and multi-use pathways improving the city's multi-modal transportation based on Complete Streets policies.
- The City supports and promotes sports and sports tourism, endorsing an active lifestyle through provision of ongoing health promotion programs for youth and adults. Numerous programs are offered including the "Newberry Fitness Challenge," "Cooking Matters" classes, "Newberry Walking Club," and "Tools to Quit Tobacco."

City of Orlando:

- The City of Orlando is developing the "Healthy Kids Orlando" initiative which childhood obesity. It is a long term approach to promote healthy lifestyles and combat childhood obesity. The program will ultimately improve access to physical activity and nutritious food for children and adolescents.

City of Ormond Beach:

- The City of Ormond Beach promotes mixed-use development which requires bike lanes to be implemented during road construction and all new private and public developments to provide bike parking.
- The City also implements an annual Mayor's Health and Fitness Challenge that promotes health and wellness in the City. The third challenge was held in 2015 with 199 challengers losing approximately 480 pounds. Since the program was implemented in 2013, approximately 1,500 pounds have been lost!

City of Oviedo:

- The City of Oviedo offers an employee wellness initiative which provides customized educational materials that take into account participants' learning styles, education levels, and readiness to adopt health behavior changes. As part of the City's initiative, healthy snacks are sold at City Hall for employees and the City's Wellness Center offers monthly webinars to employees teaching healthy eating, how to deal with stress, and ways to develop healthy habits.

City of Palatka

- The City of Palatka Community Redevelopment Agency is in the process of developing a streetscape masterplan that incorporates Complete Streets best practices for three blighted areas downtown.
- The City is in the process of building a sidewalk database that will identify gaps and assign priorities for future sidewalk segments.
- The Palatka Main Street, Inc. and Putnam Blueways & Trails have co-hosted the “Palatka Bicycle Festival” for three years. The City is beginning to plan for the 2016 festival on April 9th and 10th.

City of Palm Bay

- The City of Palm Bay has developed a “U-Matters Wellness Program” with the mission to promote awareness of healthy lifestyle choices. It provides structured programs, education, and resources to support improvement of the overall wellbeing of employees and their family members. It emphasizes five key dimensions of health: Physical, Emotional, Social, Financial, and Professional. The City has partnered with businesses in the community in each of the five areas of the program. The Program encourages employees to combine the five dimensions of well-being into a healthy lifestyle.

City of Panama City:

- The City of Panama City has over 40 parks including ballfields, disc golf, walking trails, and healthy vending machines within their facilities.

City of Pensacola:

- Since the development of the Complete Streets Committee in 2011, the City of Pensacola has identified several streets for the development of a bike route network.
- The Parks and Recreation Department, along with Florida Department of Health, hosts the “5210 North West Florida Day of Play” each September as a day for the family to turn off electronics and get out to spend at least an hour playing at the Community Maritime Park. This year, over 40 vendors attended, offering healthy activities such as The Juniors Acquiring Knowledge Ethics and Sportsmanship (JAKES) event to introduce children and families to archery and gun safety. Healthy food vendors were on site to offer nutritious snacks and drinks as well.

City of Pinellas Park:

- The City Pinellas Park hosts a “Community gARTen” that combines the worlds of art and gardening. The garden plots are made of recycled materials and are decorated and maintained by citizens. Growing boxes are offered at a nominal charge and are made from recycled goods (old pallets, corrugated aluminum, etc.). The City recently hosted two gARTen painting parties in which the gardeners decorate their boxes. Each grower maintains their garden and retains the harvest, increasing access to fresh produce and nutritious food.

City of Port St. Lucie:

- The City of Port St. Lucie Community Garden opened in October 2015 and is a half-acre site. There are 44 garden plots where the public may grow organic fruits, vegetables, herbs and flowers. Four additional plots are wheelchair accessible and are situated on concrete slabs. Currently, almost all 48 plots are in use by residents. The grower is responsible for maintaining their own space and deciding what fruits and vegetables to grow. Individual garden plots are available on a first-come, first-served basis and are a great opportunity for gardeners to have a happy, secure and enjoyable place to garden.

City of Port St. Joe:

- The City of Port St. Joe plans to host community fitness challenges which have been very successful in the past two program periods. The City is a strong partner with the Gulf County Community Health Improvement Partners and will be working to identify community strategies based on healthy weight opportunities.

City of Safety Harbor:

- The City of Safety Harbor's most recent addition to their park system is Folly Farms, a 10-acre passive park and community garden. Jolley Trolley Transportation offers residents' access to a weekly Farmers Market in the City of Dunedin and a grocer at Countryside Mall in the City of Clearwater. The trolley route predominantly serves downtown neighborhoods which have walking access to trolley stops as well as bus stops.

City of Sanford:

- The City of Sanford has a resident-built community garden which is comprised of 56 raised beds plots. A garden plot can be rented annually for \$12.00; all collected money is used for garden maintenance, tools, and equipment. The garden development was funded by local business contributions.
- The City offers a Farmer's Market every Saturday in downtown Sanford accessible by trails, sidewalk systems, and other public transportation.

City of Sanibel:

- The City of Sanibel Recreation Center operates an after school care program for children in grades Kindergarten through eighth in which all participants are provided with a healthy snack. Additionally, during the 2015 Summer Camp program all campers were provided a healthy free breakfast and lunch through the Summer Food Service Program (SFSP) which was federally funded by the United States Department of Agriculture (USDA) and state administered by the Florida Department of Agriculture and Consumer Services (FDACS).

City of St. Cloud:

- The City of St. Cloud offers ten parks which include the following: playground equipment, bike trails totaling three miles, baseball/softball practice fields, and multi-purpose fields. The City has two sporting complexes; a baseball/softball complex with ten fields and a soccer complex with four soccer fields. The City's Community Center offers activities such as dance, aerobics and other engaging activities for active adults. In addition, the Civic Center offers activities for children including youth and adult basketball, pickle-ball, dance, baton, futsal, yoga and creative movement.

City of St. Marks

- In the past two years, the City of St. Marks has implemented Complete Streets policies by adding median islands and traffic-slowing speed bumps to increase safety and convenience for pedestrians and all modes of transportation.

City of St. Petersburg

- The City of St. Petersburg recently launched “Healthy St. Pete.” “Healthy St. Pete” is a citywide community engagement and empowerment initiative. The City of St. Petersburg is partnering with the Mayor’s Office, Parks and Recreation department, and other community partners to address the needs of the City and improve quality of life.
- The City is also focusing on fighting childhood obesity through implementation of Healthy Eating and Physical Fitness (HEPA) Standards in 11 of their recreation centers. Through staff education, and parental engagement, the City is working to limit screen time, provide nutritional education, and increase physical fitness of children.

City of Starke

- The City of Starke offers a Neighborhood Watch program in their community.

City of Tallahassee:

- In 2015, the City of Tallahassee began the implementation of a “protected” bike lane network in the downtown areas (Downtown-University Protected Bike Lane Network). When completed, the network will provide over five miles of new and enhanced bicycle facilities connecting downtown, Cascades Park, Florida State University, Florida A&M University, the Stadium Trail and other destinations and trails.

City of Tamarac:

- The City of Tamarac budgeted over \$5M in City funding and is the recipient of over \$3M in grants to build a citywide bikeway network. Phases 1 and 2 are complete, encompassing over six miles. Phase 3 is about 3 miles and is in the process of being built. Phase 4 will follow, adding another 1.7 miles of bike pathways. The pathways will connect with existing bike lanes and with the ultimate goal of connecting the City and the Everglades with the Atlantic Ocean, about 12 miles to the east.

City of Stuart

- The City of Stuart developed a micro-transit system, the Downtown Tram service. This circular has stops and connects to Martin County’s transit system for improved accessibility. The City has been selected to receive Florida Department of Transportation (FDOT) grant monies due to the uniqueness of the program’s ability to provide mobility to over 40,000 people a year. Not only is the system effective at getting people around and walking to the downtown or place of work, but their trams are mostly “green” as they are electric and enhanced with solar power.

City of Vero Beach

- The City of Vero Beach supports and maintains a network of interconnected walking trails and bicycling routes.

City of Weston:

- The City of Weston sponsors the “Mayor’s Get Fit Challenge Cup” for all elementary students to encourage physical activity from a young age.
- The Weston Community Center offers a wealth of programs and activities that promote fitness for every age, including toddlers. The city has approximately 9,000 participants registered in league sports.
- The Weston Regional Park has a large universally accessible playground that meets the standards for accessibility for individuals with disabilities. The park allows participants in wheelchairs to utilize ramps to access higher elements within the play equipment. The newly renovated Peace Mound Park has specially designed swings to fully support children with developmental/physical challenges, providing opportunities for all to enjoy a playground experience.

City of Wilton Manors:

- The City of Winton Manors’ Leisure Services Department operates a child care program and a nutrition program regarding healthy eating. The program includes healthy snacks, breakfast and dinner programs. In addition, team members coordinate youth games that promote healthy eating habits after school and in summer camp.

City of Winter Haven:

- In the City of Winter Haven, a different local gym leads the community in a free workout called “Fitness by the Fountain” on the first Saturday of every month. These take place in Central Park Downtown in conjunction with the markets.
- The City owns a fleet of 12 kayaks. The Natural Resources Division hosts tours and eco tours of local lakes and rivers. The kayaks are also part of the summer camp program. The kayaks are open to any all members of the community at little or no cost.

City of Winter Park:

- The City of Winter Park offers a bicycle valet program for all city events, encouraging attendees to ride and park their bicycles.
- The City’s Pedestrian and Bicycle Circulation Plan includes the installation of bicycle racks at all parks and facilities, converting pedestrian signals to countdown signals, adding countdown signals in specified areas, adding emphasized crosswalks throughout the city, and ensuring crosswalks are handicap-accessible.

Duval County

- Duval County will be implementing crosswalks based on recent legislation passed by the City of Jacksonville. The crosswalks will increase safety for pedestrians and all modes of transportation. Ten pilot pedestrian mid-block crosswalks are now being installed with more expected in the coming year.

Flagler County

- Flagler County maintains more than 20 parks and recreational facilities, and always plans for pedestrian and bicycle travel when planning new construction.

Gadsden County:

- Gadsden County partners with a local transit system company to provide free and reduced-cost rides to residents in Gadsden and Leon County.

Glades County:

- Glades County is partnering with Goodwheels to provide public transportation from rural communities to Okeechobee Publix and Walmart locations, as well as local farmers markets, increasing access to fresh produce.

Gulf County:

- Gulf County is developing new sidewalks and multi-use paths throughout the community and has made substantial improvements to their main roadways to promote slow traffic designs.

Hamilton County:

- Hamilton County participated in a “Clean-Up Hamilton County” event in October 2015. There were over 300 bags collected totaling over 165 pounds of garbage.

Hendry County:

- Hendry County participated in the “Healthier Me” campaign which promotes weighing less by engaging in more physical activity. In addition, the school district adjusted their menus to align with national guidelines.

Indian River County:

- Indian River County supports and maintains a network of walking trails and bicycling routes that are interconnected and lead to destinations such as parks, markets, and residences. Bike lanes and sidewalks are incorporated into all new roadways and roadway widening projects.

Jefferson County:

- Jefferson County is installing a seven-mile mountain bike loop on unused land.
- The County Extension Office has 60 acres of land that have been developed into a race track.

Lee County

- Lee County and LeeTran, Lee County’s public transportation system, has recently updated bus stop locations. With a three year increase of 35% in ridership, amenities such as shelters with solar powered lighting, a trash receptacle, and bicycle rack are in the process of being built. LeeTran has completed approximately 37 upgrades (out of a total of 50) to bus stops with more locations being selected.

Leon County:

- Leon County's Office of Sustainability hosted a “Sustainable Communities” Summit in January 2015 entitled "Food For Us." The event was a huge success, bringing over 300 people from the community together to talk about the opportunities, barriers, and hopes for our food system in Leon County and surrounding communities. One of the main topics of the event was how to bring fresh, local, healthy food to citizens who might not have easy access to it.

Manatee County:

- Manatee County hosts a weekly farmers market in downtown Bradenton during Florida growing season.
- The County also encourages new initiatives such as the development of Geraldson Community Farm mobile market and the development of the Institute of Food and Agricultural Sciences community gardens. Geraldson Community Farm was awarded 100,000 dollars from a United States Department of Agriculture grant for the implementation of a county-wide mobile market to increase fresh fruits and vegetables to community members. The farmers market, mobile market, and community gardens will work collectively to increase access to healthier foods.

Marion County:

- Marion County recently completed the first phase of a multi-phase project to include clay walking trails, concrete sidewalks, outdoor fitness stations, stretching stations, rest stations and water stations. The county has been certified for their efforts in designing and constructing a sustainable, energy efficient library facility with walking trails, a bicycle rack, and Florida-friendly landscaping.

Polk County:

- Polk County staff worked to develop a “Healthy Community Checklist” to be used by developers to encourage them to design future communities with healthy community design principles. This checklist was developed by staff by evaluating health implications of development and its location. The checklist promotes developments with the best location and the amenities that promote public health and align with the healthy community goals.

Putnam County:

- Putnam County has increased efforts to promote healthy and active living by continuing their trails development program which will link Putnam County to five surrounding counties and their associated multi-purpose trails.
- The County is implementing Complete Street policies to widen a portion of local highway, U.S. 17, to four lanes. The \$13.8 million project is funded by the Florida Department of Transportation (FDOT). The stretch of road is 2-miles long and will include a 12-foot-wide bike and pedestrian path. The new roadway will also feature grass medians islands.

St. Johns County:

- St. Johns County currently maintains over 4,600 acres of active and passive recreation parks, 13 boat ramps and miles of paved trails for jogging and cycling. Several of the County’s parks are located along the Florida Circumnavigational Paddling Trail. St. Johns County is also the beginning of the River to Sea Loop, a 260 mile loop paved trail that traverses through 5 Florida Counties. The County’s motto is “St. Johns County, Where everyone plays.”

Sarasota County:

- Sarasota County and the Food and Nutrition Services hosted their Third Annual “Chefs Move to Schools” program, in partnership with “Farm to Schools” program at a local elementary school. Students, staff, and community members were invited to attend this event which showcased recipes created by local chefs and students. The recipes showcased all met USDA guidelines for nutrition and also utilized farm fresh produce which was procured through the Farm to School program and school gardens.

Suwannee County

- Suwannee County implements Complete Street policies to support pedestrian and bicycle infrastructure, and increase safety and convenience for all modes of transportation.

Town of Cutler Bay

- The Town of Cutler Bay has a Bicycle and Pedestrian Master Plan. The town has actively improved its existing sidewalk network connectivity by implementing Americans with Disabilities Act (ADA) ramps on all resurfacing projects and sidewalk improvements projects, and implementing bicycle lanes on full Roadway reconstruction and improvements projects as part of a Complete Streets design.

Town of Indialantic:

- Over the past twelve years, the Town of Indialantic has prioritized repairing broken sidewalks by replacing broken sections, installing new sections, and connecting existing sections to create a continuous pathway for pedestrians.

Town of Miami Lakes:

- The Town of Miami Lakes offers a program called “Just Run” that began in January 2015. A free program for elementary and middle school students, “Just Run” promotes fitness, healthy eating, and good citizenship. The town also offers 34 free programs and 3 pay-for-play programs, 23 which offer physical activity opportunities. The town had 2,839 participants in the past fiscal year.

Town of Penney Farms:

- The Town of Penney Farms Comprehensive Plan promotes compact mixed use developments that encourage walking and biking. The town has a passive park of approximately 2.5 acres that offers pedestrian pathways through the woodlands.

Town of Pomona Park:

- The Town of Pomona Park has incorporated a breastfeeding policy in our human resources policy manual. The Florida Department of Health in Putnam County offers an active breastfeeding peer counseling program in conjunction with the WIC program.

Town of Ponce Inlet:

- The Town of Ponce Inlet holds an annual healthy lifestyle program called “Shape Up Ponce Inlet”. This event provides various activities at the beach and in each of the Town’s parks. This past year, the Town co-sponsored a 5k run, half-marathon, a 4.1 mile fun run, and a paddle board event. The Town continues to add more exercise equipment to the trails. This past year a four station pull bar was added. The Town’s annual Earth Day event encourages residents to bike or walk to the event to promote a healthy lifestyle.

Town of Welaka:

- The Town of Welaka and the Welaka State Park hosted a Fall Festival at Welaka State Forest. The festival offered a 5k run, an adventure relay, kayaking, and a nature hike among other outdoor activities.

Union County

- Union County participates in the School Health Advisory Committee (SHAC) and the Community Health Improvement Plan (CHIP).