

Physical Activity:

Additional Resources

Your Charleston neighborhood parks:

- Northwood Community Park
- Riverfront Park
- West Ashley Park
- Quarterman Park and Felix C Davis Community Center
- North Charleston Wannamaker County Park
- Westcott Park
- Hampton Park

Free/Reduced Cost Exercise Programs:

- For Adults:
 - Silver Sneakers: <https://tools.silversneakers.com/>
 - MUSC Weight Management Center: 843-792-2273 (call to set up an appointment) <https://muschealth.org/medical-services/weight-management>
- For Young Adults (15-25 year old Volunteers or Athletes):
 - Piece it Together: <https://web.musc.edu/resources/health-and-wellness/wellness-center/programs/specialty-programs>
- For Kids:
 - Louis Kids: <https://www.louieskids.org/>

Information About Physical Activity:

- Centers for Disease Control and Prevention: <https://www.cdc.gov/physicalactivity/index.html>
- Why Walk?: <https://www.cdc.gov/physicalactivity/walking/index.htm>
- Surgeon General's Call to Action to Promote Walking and Walkable Communities: <https://www.cdc.gov/physicalactivity/walking/call-to-action/index.htm>

U.S. Preventive Service Task Force:

- By Law, Medicaid Covers Diet and Physical Activity Counseling for Adults with High Risk of Heart Disease (Grade B Recommendation).
- <https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/healthy-diet-and-physical-activity-counseling-adults-with-high-risk-of-cvd>