

Project: Healthy Living

Project: Healthy Living is a 501c-3 non profit made up of concerned volunteers from Camden, Miller and Morgan counties.

Since 1997 we have been meeting monthly to look for ways to improve the health and well being of our area residents. Members bring topics they are concerned about to meetings and we focus on those the group feels we might have an impact on. Helpful resources are identified and pursued that might bring about a solution.

Meetings are held the 1st Wednesday of each month at 9 a.m. at the Osage Beach Central Bank (by Target) meeting room. Park behind the bank and the meeting room is up the outside stairs, 2nd floor on the right. Members choose monthly topics of interest and guest speakers are invited to present information.

Please join us at our next meeting. We need your input. With new members we could take on more lake area concerns through the time tested American way of volunteers providing the solutions. For more information phone (573) 374-9147.

MU Extension

Since 2008, the University of Missouri Extension Healthy Lifestyle Initiative (HLI) has been helping communities develop and implement action plans focused on increasing the availability of healthy, affordable, locally produced food and safe, accessible physical activity. Each community engages a broad spectrum of community members and stakeholders to develop and carry out plans that focus on policy and environmental changes to support healthy lifestyles within their community. For more information on how to join the initiative please call (573) 346-2644.

Increase Your Chances of Living Longer

Science shows that physical activity can reduce the risk of an early death from the leading causes, like heart disease and some cancers. This is remarkable in two ways:

1.) Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.

2.) You don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death. You can put yourself at lower risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity. That's just over 20 minutes a day.

Everyone can gain the health benefits of physical activity - age, ethnicity, shape or size do not matter.

Source: Centers for Disease Control and Prevention

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UNIVERSITY OF MISSOURI
 Extension

WALKING TRAILS AND FITNESS CENTERS

CAMDEN, MILLER & MORGAN COUNTIES



This enclosed lists are for people looking for places to exercise, and hopefully for those wanting some stimulation to get moving

**PRODUCED BY PROJECT: HEALTHY LIVING AND
UNIVERSITY OF MISSOURI EXTENSION HEALTHY
LIFESTYLES INITIATIVE**

WALKING TRAILS

LOCATION	LENGTH	LEVEL OF DIFFICULTY	SURFACE	DIRECTIONS
Camdenton	1/4 Mile	Rolling	Natural	Camdenton City Park
	1/4 Mile	Flat	Blacktop	MO Dept of Conservation; 783 Thunder Mountain Road
Eldon	1/2 Mile	Flat	Blacktop	Air Park; 500 Franklin St.
Sunrise Beach	1/8 Mile	Flat	Blacktop	Lake Rd 5-35; Kent Memorial Lutheran Church
Laurie	1/4 Mile	Rolling	Concrete	Hillbilly Fairgrounds
Versailles	1/2 Mile	Flat	Blacktop	Versailles City Park
Iberia	1/2 Mile	Rolling	Blacktop	Iberia City Park
Mack's Creek	1/4 Mile	Flat	Blacktop	Mack's Creek City Park
Richland	1/4 Mile	Flat	Blacktop	Shadyville Park
Osage Beach	Indoor	Flat	Concrete	Stonecrest Mall; 3797 Osage Beach Parkway
Ha Ha Tonka State Park	1/4 - 6.5 Miles	Varies	Varies	1 mile west of Camdenton on Hwy 54 then 2.5 miles south on County Rd D
Lake of The Ozarks State Park	3/4 - 13.5 Miles	Varies	Varies	MO Hwy 42 to MO Hwy 134

Information for both State Park's Trails can be found at their visitor's centers and at www.mostatetparks.com

FITNESS CENTERS

LOCATION	NAME	PHONE	ADDRESS
Camdenton	Anytime Fitness	573-346-9911	522 North Business Route 5
Eldon	Eldon Family Fitness	573-392-9997	214 South Mill Street
	Mean Gene's Body Factory	573-375-1211	116 South Maple Street
Lake Ozark	Fit Physique	573-302-8400	111 Crossing West Drive
Linn Creek	Abs & Glutes	573-346-4641	93 Lower Business Park Road
Osage Beach	Anytime Fitness	573-693-9339	965 Highway 42
	YMCA	573-348-9230	950 Airport Road
Sunrise Beach	Body Shop Fitness	573-207-0707	25 Beachwood Drive
	Ship Shape Fitness	573-374-7600	17803 North MO Highway 5

Many Area Hotels, Resorts and Physical Therapy offices have workout facilities open to the public

BENEFITS OF WALKING

- Reduces risk of heart disease, diabetes, & more
- Reduces stress
- Lowers blood pressure
- Burns calories
- Cuts cholesterol
- Strengthens back muscles
- Slims your waist
- Easy on your joints
- Strengthens your bones
- Allows time with family and friends
- Shapes and tones your lower extremities
- Sleep better
- Improves mood and outlook on life
- Requires no equipment except proper shoes
- AND it's Free

Decades of research has proven repeatedly that exercising the body improves the physical and mental health of individuals willing to make it a priority in their lives. Reducing the risk of diabetes, dementia and diseases of the heart and lungs are just the beginning of a long list of proven benefits.

For yourself and your family, find a way to get those muscles moving. Please share this brochure and its vital message with others.