

**AGENDA STATEMENT  
PARKS & RECREATION COMMISSION**

**TO:** Parks and Recreation Commission  
**FROM:** Arabo Parseghian, Senior Management Analyst  
**DATE:** November 9, 2016  
**SUBJECT:** **Health and Wellness Programs**

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**RECOMMENDATION:**

Parks and Recreation Commission provide staff feedback and recommendations for potential Health and Wellness Programs.

**BACKGROUND:**

At the July 13, 2016, Parks and Recreation Commission Meeting at the Memorial Park, Commissioner Decker requested an agenda item to discussion various options to promote health and wellness in the community.

Health and wellness programs are common throughout Southern California. Local municipalities provide variety of health promotion programs; such as access to recreational facilities or hosting wellness activities. The promotion of health and wellness events and programs in the community was also a stated goal of the Mayor Jon Curtis. The October 22, 2016 Trail Hike with the Mayor is an example of such an event.

Examples of recreational facilities include:

- parks,
- outdoor field equipment,
- multi-use trails, and
- athletic fields.

Examples of recreational programs include:

- Day/seasonal camps,
- One time/ongoing classes,
- Health and Wellness fairs, and
- Community education outreach

**CITY'S CURRENT PROGRAMS:**

City of La Cañada Flintridge has multiple recreational facilities including an easy access trail system. Through its Joint Use Agreement with the La Cañada

Unified School District, the City provides multiple athletic fields for use by local groups.

Although the City does not host an ongoing recreational program, it does provide grant funding to local community groups such as the YMCA and the Community Center that provide such services. Furthermore, every year the Parks and Recreation Commission provides thousands of dollars' worth of fee waivers to local athletic groups for the use of the athletic fields.

### **OPTIONS:**

City staff looked at various options for the Commission's consideration. When identifying various programs, the staff considered the frequency, age group participation, level of difficulty and variety in the type of activities.

Below are possible options for the Commission to consider and provide feedback on:

#### Health and Wellness Fair at Memorial Park

- Local fitness experts participate with vendor booths; and/or hold exercise classes throughout the day;
- Local medical centers (for example USC Verdugo Hills Hospital) to provide health education; free blood pressure screenings; give talk on wellness/disease prevention, cancer etc.
- Nutritionist discuss healthy eating
- Local grocery stores promote healthy eating options while offering free sampling

#### Recreational Activities at Memorial Park

- Community Morning Yoga
- Age Specific Workout Sessions (kids, teens, adults and seniors)

#### Open House Day at YMCA or the Community Center

- Partner with YMCA/Community Center for an open house day on a first come first serve bases

#### Recreational Clubs

- Establish community hiking or walking clubs
  - An opportunity to partner with local community groups such as the Trails Council and the Community Center

#### Wellness Education

- Establish a webpage on City's website to promote Health and Wellness with useful Tips
- Create a database of local health and fitness centers in the Community
  - An opportunity to partner with the Chamber of Commerce

- Host teen talks about healthy choices
  - An opportunity to partner with the La Cañada Flintridge Youth Council

Based on the feedback and recommendations received from the Commission, staff will bring the item back for a more in depth look including feasibility study and costs analysis.

**ATTACHMENTS:** None