

**AGENDA STATEMENT  
PARKS & RECREATION COMMISSION**

**TO:** Parks and Recreation Commission  
**FROM:** Arabo Parseghian, Senior Management Analyst  
**DATE:** January 11, 2017  
**SUBJECT:** **Health and Wellness Activities**

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**RECOMMENDATION:**

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

**BACKGROUND:**

At the November 9, 2016, Parks and Recreation Commission Meeting, the Commission discussed various options to promote health and wellness within the community. The Commission chose to commence the Health and Wellness initiative by hosting a recreational activity at Memorial Park and forming a hiking club. The ultimate goal is to work toward hosting a Health and Wellness fair at Memorial Park.

**DISCUSSION:**

Recreational Activities at Memorial Park

In order to organize a recreational activity at Memorial Park, staff will need to get direction regarding a few logistical items. These will include the type of activity, securing an instructor and determining the time of the event.

Activity Options

There are various options for the Commission to consider: Yoga/Pilates, Cardio/Bootcamps, or Cross Fitness. The Commission may also recommend a different activity as long as it is low risk (no physical contact) with low to moderate intensity.

Instructor Partnership

The staff can work with the Chamber of Commerce to identify potential instructors to partner with. Because this is an unbudgeted item, the staff will need to find instructors who are willing to provide the service at no cost.

Scheduling

For favorable weather conditions, the staff is recommending the event be held sometime in March or April.

Staff will then begin work on hosting the event. Because the activity will require signed liability waivers, registration will be required. Furthermore, the estimated event cost will be between \$1,000-\$1,500 (with a volunteer instructor). This includes providing water, healthy snacks, and cleaning after the event.

#### Recreational/Hiking Club

The Commission also discussed creating a club that will allow interested individuals to organize hiking events throughout the year. There are two options for the Commission to consider. The City may host the events or partner with a group and serve as a facilitator. The La Cañada Flintridge Trails Council, a trail advocacy group, would be a valuable partner in this effort.

The staff can reach out to the Trails Council to discuss the possibility of this partnership. These clubs would meet on a semi-regular bases and hike various part of the City's trail system. Working with the Trails Council, the City would select various trail heads for the club to meet. Each event could have a designated leader who could lead the informal hike. The Commission is also asked to identify the preferred frequency of the hikes.

Following Commission's feedback, staff will reach out to the Trails Council to discuss the partnership opportunity in order to begin coordinating the hikes.

**ATTACHMENTS:** None