



# Healthy Family Journal



Name: \_\_\_\_\_ Email: \_\_\_\_\_

Record your physical activity as a family. Aim for at least 60 minutes per day.

In the boxes provided, record the date you complete each activity.

Once you have completed at least 20 of the activity boxes, turn in your Healthy Family Journal to the Renaud Spirit Center (RSC) Front Desk for a special prize.

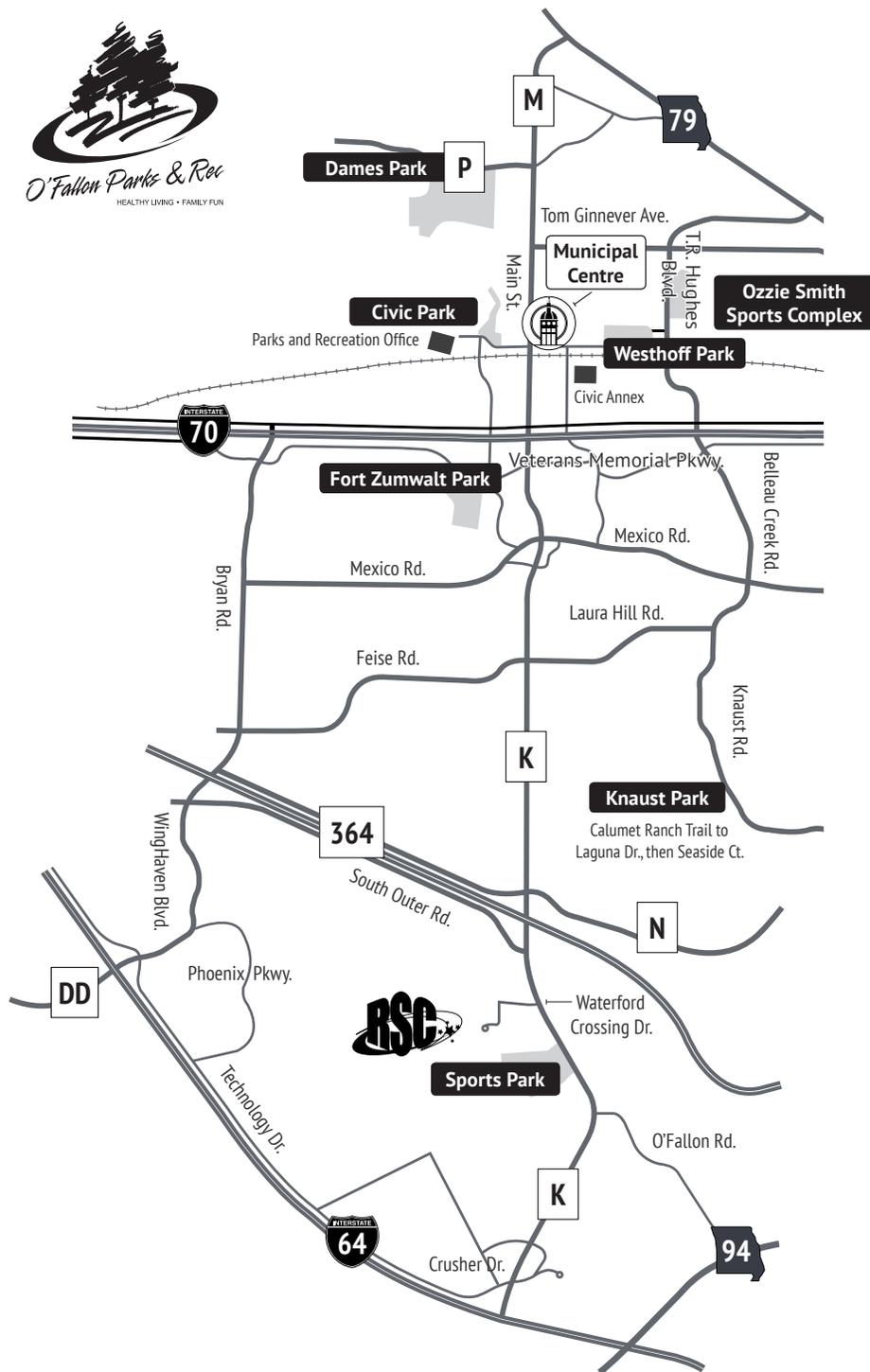
Please contact the RSC at 636-474-2REC (2732), if you have any questions.

Please note: If you are under age 18, please ask your parent to sign the Journal after completion.

Park Workout: Sports Park	Park Workout: Dames Park	Park Workout: Fort Zumwalt Park	Park Workout: Knaust Park	Park Workout: Westhoff Park

Park Workout: Civic Park	Family Bike Ride	Family Walk	Sign-up for a Local Run	Go to an O'Fallon Jammin' or Movie in the Park Event

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**Parent's Signature**



# How to use the Healthy Family Journal

Log your outdoor family activities using this Healthy Family Journal. Once your journal is completed, turn it in to front desk staff at the Renaud Spirit Center for a prize. Look for the “Get Fit” table at our Parks and Recreation events for more information on this program and an opportunity for some family fun.

Look for easy-to-follow “Get Fit” O’Fallon workouts posted in each of our parks. Spend some time in O’Fallon’s beautiful parks and get yourself fit in the process!

The City of O’Fallon has seven beautiful parks:

- **Civic Park** -- For fun and relaxation all year long, 20-acre Civic Park offers a variety of amenities: a picnic pavilion, a bandstand, two horseshoe pits, and two playgrounds.
- **Dames Park** -- Football is the name of the game at 59-acre Dames Park, with three football fields, two playgrounds, three picnic pavilions, restrooms, a concession stand (open during games), a fitness course, and a one-mile asphalt walking and biking path.
- **Fort Zumwalt Park** -- Our City’s most scenic park is also our most historic, with a rebuilt War of 1812 fort site, and the restored Darius Heald Home (*circa* 1884), all overlooking Lake Whetsel. Enjoy fishing, picnicking, playing on the playground, an 18-hole disc golf course, and walking through this shady, 48-acre park.
- **Knaust Park** -- At six acres, this neighborhood park is just the right size for a stroll, a game of badminton or catch, and fun on the playground. The park also has a quarter-mile walking path.
- **Ozzie Smith Sports Complex** -- Baseball and softball are the focus of this 76-acre park. The park features T.R. Hughes Ballpark, home of the River City Rascals minor league baseball team, and offers seven lighted baseball/softball diamonds for league play.
- **Sports Park** -- This 95-acre park is built for action, with a 12-field soccer complex, restrooms and concession stands (open for games). The park also offers two playgrounds, two pavilions, and the Children’s Garden, where plants have names and shapes that appeal to kids.
- **Westhoff Park** -- Named for O’Fallon’s most popular mayor of the 19th Century, 65-acre Westhoff Park offers a host of amenities: two lighted baseball diamonds, two lighted softball fields, two pee wee fields, sand volleyball, eight horseshoe pits, basketball courts, tennis courts, a small skate park, two playgrounds (including, Brendan’s Playground), a pavilion, restrooms and two concession stands (open during games).