

On Our Way to Healthy Living in Sarasota County!

Step Up, Florida! 2008

Step Up, Florida is a month long celebration in February to recognize the importance of physical activity and raise awareness about physical activity opportunities in your community.

Sarasota County kicks-off the month on Friday, February 1 with a variety of events happening for residents throughout the county.

Some events will continue throughout the month of February (see ongoing events). Check out your local county and state parks for ongoing physical activity opportunities.

Open Kick-Off Events

Step Up, Florida! In the Park with the T-Rec Coalition Friday, Feb. 1st at Twin Lakes Park Pavilion from 10am-1pm. Walks around the lake and several demonstrations. People are also encouraged to bring their lunch to enjoy at this beautiful site. The T-REC (Therapeutic Recreation) coalition promotes physical activity for people with special needs.

Sunset Walk at Nokomis Beach Friday February 1, 5:00-6:00, Nokomis Beach, 901 Casey Key Road Pre-registration required at 486-2595. Refreshments and prizes for just simply walking. Pedometers and t-shirts for participants who enroll in the *Start Your Heart* walking program.

Start Your Heart Fitness Walk at Robert L. Taylor Community Complex Friday, February 1 from 10am-6pm, Walk in the comfort of our climate controlled gymnasium! Walk is a component of Start Your Heart--a free fitness program sponsored by Sarasota County Parks and Recreation. First time registrants will receive a pedometer after walking 1 mile. For more information contact, Carl East, 316-1331, ceast@scgov.net

Step Up to Fitness at Fit to Live & Studio B, Wellness Studio for Women— Come workout for free, all day from 6:00am to 5:00pm on Friday, February 1. 2 Mile Power Walk & Stretch at the Fitness Center Free Water Bottles & Energy Drink, Try any of these classes for \$3.00 each (call studio for times, 429-9353): Dance/Step Aerobic Group Fitness Class, Yoga (all levels), Pilates Class (all levels). Call studio for class and walk times.

Step Up at the South County Family YMCA Friday, February 1 “Step Up” your fitness routine at the Venice or Englewood facility and log 1 mile on a treadmill or stair stepper machine to earn a free one-day pass to the YMCA. Can you step up to the challenge? Call Jennifer Tucker at 375-9106 for more details.

Island Community Wellness Self-Guided Walks Friday February 1 at noon at the Venice Public Library. Meet outside of the library for a 1-mile walk. Water and Power Bars will be provided.

Senior Friendship Center has open dance to a live band everyday from 1:00-3:00. The new fitness room is open for tours, call Tom Harlow for more information, 556-3259.

Closed Kick-Off Events

McIntosh Middle School Steps Up for the Third Year! McIntosh Middle School students, teachers, and parents will walk the school track all day on February 1, 2008. The walkers will keep a flag moving and track their distance to gather a total school mileage by the end of the day. The Business & Computer Applications classes will record and analyze the data. Students will also make banners to carry in different languages as a part of their foreign language class.

Living Well Sarasota County Employee Health celebrates Step Up, Florida with ongoing physical activity opportunities for all county employees. Living Well will host a 45-minute employee walk on February 8 as a part of their larger walking program initiative. The 6-week pedometer program encourages employees to make small daily changes and increase the number of steps taken each day. The program helps people become more physically active through simply building on daily activities and adding steps into their day.

Sarasota County Health Department will be kicking off a walking program for its employees in conjunction with Step Up, Florida in addition to the existing walking groups and weight loss activities happening for employees.

Other February Events

Myakka State Park 941-361-6511

Moon Over Myakka Moonlight Bike Ride on Monday February 18th. Bring your bike and join Myakka Friends for a leisurely 10 mile round trip bike ride, speed average is 5 to 8 miles per hour. Call for reservations and information, 373-7839.

Nature Walk every Saturday at 9:00am. Take a walk in the park with a Ranger to discover the many facets of Myakka. Each walk is unique as rangers take you to some of their favorite trails. Meet at the Nature Trail, wear comfortable hiking shoes; walk lasts about an hour.

Beginning Birding class every Sunday at 9:00am. Meet at the Visitor's Center to take a short course in the use of field guides and binoculars then follow your instructor out into the field to identify some of Myakka's feathered inhabitants. Field guides and binoculars provided, wear comfortable hiking shoes.

Moon Over Myakka Night time Kayaking. Contact Dick Pfaff for dates since kayaking is controlled by weather and river conditions, Kayak.today@verizon.net.

Oscar Scherer State Park 941-483-5956

Ranger Guided Canoe Program on Wednesdays at 9:00 a.m.

Please register for a canoe at the Ranger Station @ 8:30 a.m. and be at South Creek Canoe Launch by 8:55 a.m.

Bird Walk on Thursdays at 7:30 a.m.

This volunteer led walk is sponsored by The Friends of Oscar Scherer and meets at the Nature Center.

Ranger Walk on Fridays at 8:30 a.m.

The topic differs from week to week and meets at the Nature Center.

Campfire Circle Program on Saturdays at 7:30 p.m.

Each week a Ranger will present a different program about our park, area, resources, and habitat.

Guided Scrub Jay Walk on Sundays at 8:30 a.m.

This volunteer led walk is sponsored by The Friends of Oscar Scherer and meets at the Nature Center.