

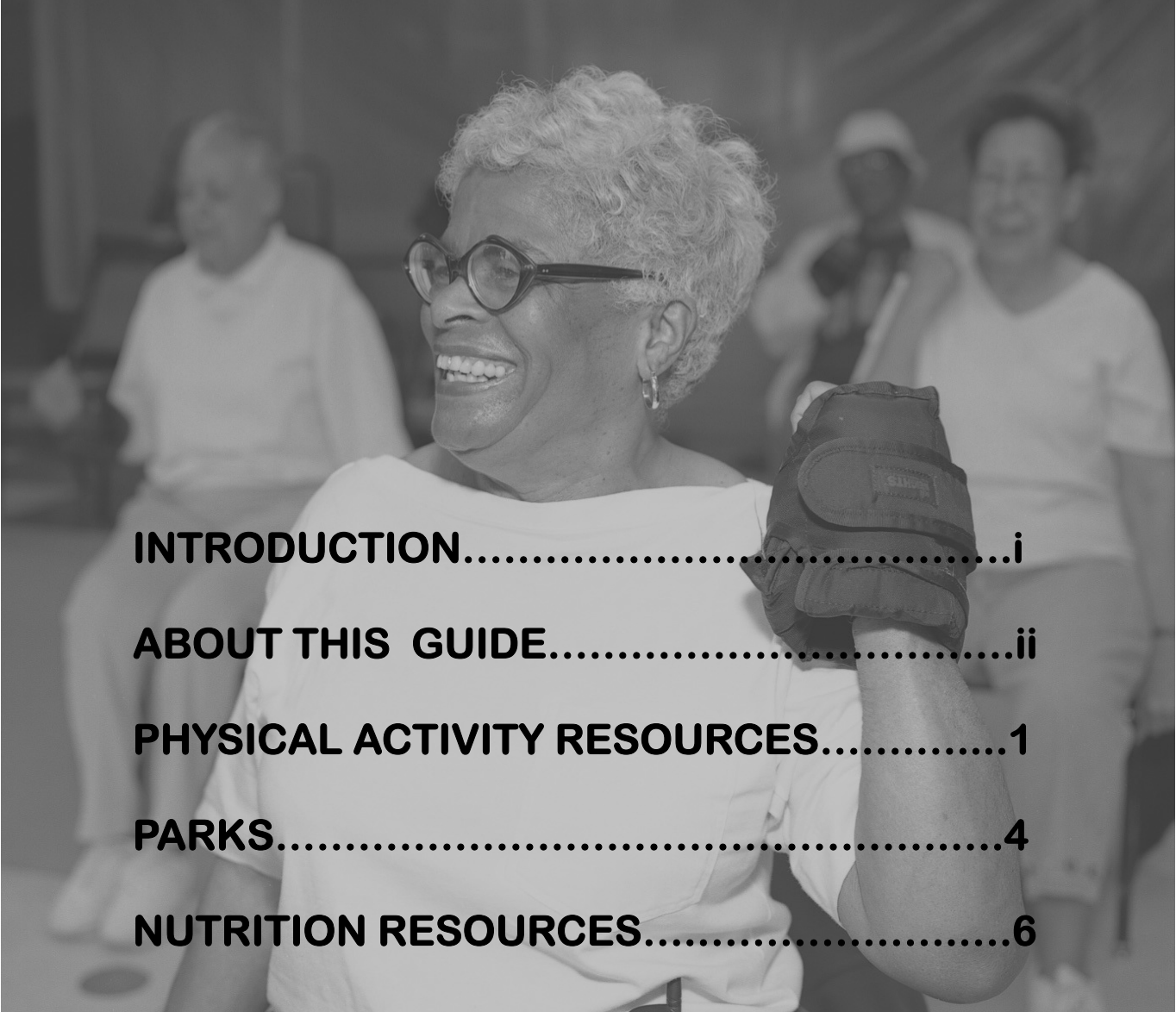
Physical Activity and Nutrition Resource Guide

A Resource Guide for the Greater Columbia Area



Be active. Eat well. Stay healthy.

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INTRODUCTION

Welcome to the Physical Activity and Nutrition Resource Guide!

Physical activity and nutrition are **vital** for keeping a high quality of life and independence. Becoming more physically active and eating a well-balanced diet are recommended by many experts, including:

U.S. Surgeon General,
American Heart Association,
American Diabetes Association,
Centers for Disease Control and Prevention,
and others.

Be healthy. Be active.

30 minutes a day
at least 10 minutes at a time
5 days a week

Even small increases in physical activity can improve health. Moderate physical activity, like brisk walking, 30 minutes a day, 10 minutes at a time, 5 days a week, can reduce your risk for developing disease and disability.

A diet that includes a variety of fruits, vegetables, whole grains and milk products can also improve your overall health and well being. It is recommended that you eat *at least* 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), and 3 or more servings of whole-grain products each day (for a 2,000 calorie diet). Eating a diet low in **saturated fat** and processed foods lowers your risks of diabetes, high blood pressure, cancer, stroke and several other diseases.

This resource guide will help you find physical activity and nutrition programs in your community. We have included the costs of the services. Please note that prices and availability may change, therefore it is best to call the site before visiting.

We hope that this guide will help you to become more active and healthy!

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

"The victory is not always to the swift, but to those who keep moving."

-Author Unknown

Richland County Physical Activity Resources

A.C. Flora High School

1 Falcon Drive
Columbia 29204
Telephone: 738-7300
Activities: Track Field
Fee: Free

Capital Senior Center, Maxcy Gregg Park

1650 Park Circle
Columbia 29201
Telephone: 779-1971
Website: www.csc.org
Activities:
Low Impact Aerobics, Line Dancing, Pilates, Water Aerobics/ Swimming, Yoga, T'ai Chi, Arthritis Exercise, Body Sculpting and Jazzercise
Fee: \$15-30 per month
Membership Fee: \$25 per year

Columbia YMCA

1420 Sumter St
Columbia 29201
Telephone: 799-9187
Activities:
Aerobics, Pilates, Basketball, Body Sculpting, Free Weights/Weight Training Machines, Water Aerobics/Swimming, Yoga, Brochures Available
Fee: \$32 per month

Columbiana Centre Mall

100 Columbiana Dr
Columbia 29212
Telephone: 732-6255
Website:
www.columbianacenter.com

Activities:
Mall Walking Programs
Fee: Free

Dutch Square Mall

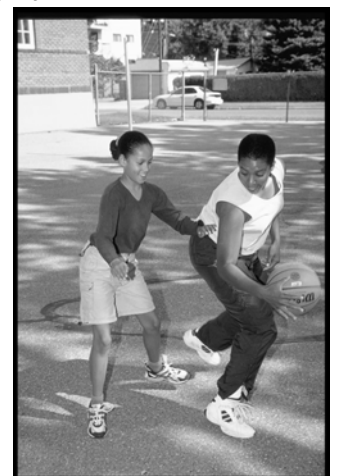
421 Bush River Rd
Columbia 29210
Telephone: 772-3864
Activities:
Walkie Talkie Soles Club
Fee: Free

Earlewood Neighborhood Center

1111 Parkside Dr
Columbia 29203
Telephone: 733-8444
Activities:
Dancing
Fee: \$8 per month

Fairfield Central High School

836 U.S. Highway By-Pass South
Winnsboro 29180



BE ACTIVE!

Telephone: 635-3997

Activities: Track Field

Fee: Free

Family Life Center

1306 Hampton St

Columbia 29201

Telephone: 343-8587

Activities:

Pilates, Walking Track, Chair Based Aerobics, Firm It Up (multi-component: weight training and aerobics)

Fee: \$90 for 4 months

Geiger Elementary School

300 Coleman St

Ridgeway 29130

Telephone: 337-8288

Activities: Walking Area

Fee: Free

Greenview Neighborhood Center

6700 David St

Columbia 29203

Telephone: 754-5223

Activities:

Greenview Fitness (aerobics), Respect Yourself Fitness (multi-component), Educational Material and Brochures

Fee: Free

Hand Middle School

2600 Wheat St

Columbia 29205

Telephone: 343-2947

Activities: Track Field

Fee: Free

Harbison Recreation Center

106 Hillpine Rd

Columbia 29212

Telephone: 781-2281

Website:

www.harbisoncommunity.com

Activities:

Aerobics, Tennis, basketball, Stationary Equipment, Water aerobics/Swimming, Brochures Available

Fee: \$35 per month

Hyatt Neighborhood Center

950 Jackson Ave

Columbia 29203

Telephone: 733-8445

Activities:

Multi-component Program—Aerobic Expressions (weights and aerobics)

Fee: Free with purchase of \$10 promotional t-shirt

Knight Pool

3296 Magruder Ave

Columbia 29207

Telephone: 751-4056

Website: www.jackson.army.mill

Activities:

Swimming Pool

Fee: \$14.50 per month

*"You don't stop exercising because you grow old. You grow old because you stop exercising."
-Anonymous*



**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

"...It means to me, to keep myself active, to keep my body, my bones and everything working like they should be and like I want them to be. And I feel so much better after exercising. Keeps me young."

M.L.K. Neighborhood Center

2300 Greene St.
Columbia 29205
Telephone: 733-8452

Activities:

Walking Clubs

Fee: Free

Mind-Body Health

1407 Cherokee Dr
Columbia 29169
Telephone: 739-8701

Activities:

Yoga for Arthritis, Chronic Illness,
Menopause, Osteoporosis

Fee: \$80 for 8 weeks

Palmetto Baptist Medical PrimeTimes

Taylor @ Marion St
Columbia 29220
Telephone: 296-5978

Activities:

Low Impact Aerobics, Zoo Walkers,
Osteoporosis Class

Fee: \$30 for 8 weeks

Richland County Adult Activity Center

7494 Parklane Rd
Columbia 29223
Telephone: 462-9995

Activities:

Aerobics, T'ai Chi, Free
Weights/Weight Training Machines,
Game Club (cards and games), Line

Dancing, Station-
ary Equipment,
Yoga

**Fee: \$15-30 for 6
weeks**

Southern Strutt

90 Ashburne Rd
Irmo 29063

*Telephone: 781-
3980*

Activities:

Dancing (Jazz and Tap)

Fee: \$30-55 per month

Trenholm Park Recreation Center

(Locations Vary; Call for More Info)
Columbia

Telephone: 782-3518

Activities:

West African Dance Class

Fee: \$10 per class

YMCA Northeast Columbia

1501 Kennerly Rd
Columbia 29063

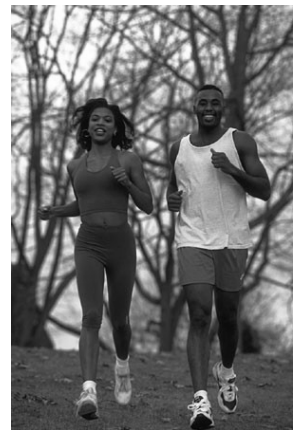
Telephone: 407-8007

Website: www.columbiaymca.org

Activities:

Aerobics, Cycling, Weights, Body
Bar, Body Sculpt, Multi-component
Gymdandy's (aerobic, strength and
stretching), Water Aero-
bics/Swimming (Pool Lift), Step,
Women on Weights, Yoga

Fee: \$49 per month



BE ACTIVE!



Richland County Parks

*The use of these parks are free, however there is an additional cost for some services/classes.

Bluff Road Park

148 Carswell Rd
Columbia 29209
Telephone: 776-8698
Website:

www.richlandcountyrecreation.com

Activities:

Walking and Aerobics, Line dancing, Game Plan (Richland County Recreation Commission Activity Program Guide)

Fee: \$12 per month

Blythewood Park

126 Boney Rd
Columbia 29016
Telephone: 691-9786

Activities:

Stationary Equipment, Weight Training Machines

Fee: \$25 per month

Finlay Park

Laurel and Assembly St
Columbia 29201
Telephone: 545-3100

Activities:

Walking Trails, Live Music

Fee: Free

Forest Lake Park

6820 Wedgefield Rd
Columbia 29223
Telephone: 787-5000

Activities:

Basketball, Dancing, Low Impact Aerobics, Square, Yoga

Fee: \$30 per month

Granby Park

Catawba St
Columbia 29201
Telephone: 545-3100

Activities:

River walk, Trails

Fee: Free

Hopkins Park

150 Hopkins Park Rd
Columbia 29061
Telephone: 783-9374

Website:

www.richlandcountyrecreation.com

Activities:

Stationary Equipment, Walking Club, Free Weights/Weight Training Machines, Game Plan Program

Fee: \$25 per month

**AT
LEAST** 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

*"Do it, move it, make it happen. No one ever sat their way to success."
- Unknown*

Killian Park

1424 Marthan Rd
Columbia 29016
Telephone: 754-7980
www.richlandcountyrecreation.com

Activities:

Aerobics, Game Plan Program

Fee: \$20 per month

Meadowlake Park

600 Beckman Rd
Columbia 29210
Telephone: 754-4463

Activities:

Co-ed Aerobics, Tae Kwon Do

Fee: \$20-35 per month

Memorial Park

Hampton and Gadsen St
Columbia 29201
Telephone: 545-3100

Activities:

Walking Trails

Fee: Free

Owens Park

Jim Hamilton Blvd
Columbia 29201
Telephone: 545-3100

Activities:

Baseball Fields, Soccer Fields, Inline Skating, Walking Trails

Fee: Free

Pacific Park

200 Wayne St
Columbia 29201
Telephone: 733-8228

Activities:

Multi-component (chair-based aero-

bics, stretching), Walking Club

Fee: (Unable to Contact)

Polo Road Park

730 Polo Road
Columbia 29210
Telephone: 736-1657

Activities:

Jazzercise, Aerobics, Yoga

Fee: \$70 per 8 weeks

River Front Park

312 Laurel St
Columbia 29201
Telephone: 545-3100

Activities:

Walking Trails

Fee: Free

St. Andrews Park

920 Beatty Rd
Columbia 29210
Telephone: 772-6598
Website:

www.richlandcountyrecreation.com

Activities:

Chair-Based Aerobics, Walking Club, Game Plan Program Guide

Fee: \$10-25 per month

West Columbia Riverwalk

Gervais St Bridge
West Columbia
Website:

www.richlandcountyrecreation.com



BE ACTIVE!

Activities:

Outdoor Walking Trail

Fee: Free

Richland County Nutrition Resources



Clemson Exchange - Barbara Lupo

605 West Main St

Columbia 29072

Telephone: 359-8515

Services:

Nutrition and Food Safety Classes

Fee: \$25 per class

Clemson University Cooperative Extension Service

2020 Hampton St

Columbia 29204

Telephone: 865-1216

Services:

Nutrition Pamphlets, Brochures

Fee: Free

Columbia State Farmers Market

1001 Bluff Rd

Columbia 29201

Telephone: 737-4664

Services: Fresh Produce

Open Year-round

Downtown Magnolia Market

Hampton St @ Main St

Columbia 29201

Telephone: 779-4005

Activities: Fresh Produce

Open Early Spring/Fall, WIC Accepted - Sat 10-3pm

Earth Fare

3312 - B Devine St

Columbia 29205

Telephone: 799-0048

Services:

Organic Produce, Vitamins, Deli, Nutrition Books and Pamphlets, Recipes

Rosewood Market

2803 Rosewood Dr

Columbia 29205

Telephone: 765-1083

Services:

Organic Produce, Vitamins, Deli, Recipes, Nutrition Brochures

Be active. Eat well. Stay healthy.



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