



CLERMONT CAN

Coalition for Activity & Nutrition

This Brochure was created by the
Clermont County General Health District
on behalf of Clermont CAN

(513)732-7499
www.clermonthealthdistrict.org

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The background of the right page features several diagonal rays of light in shades of purple and green, emanating from the top right corner. A soccer ball is positioned behind the word 'SPACES' in the title.

PLACES *and* SPACES

Clermont County's Guide to

Local Parks,
Nutrition Programs and
other *Places and Spaces* for
Free or Low Cost
Activity and Nutrition



Nutrition Programs in Clermont County

Nutrition programs are available in Clermont County. These programs assist residents in meeting their nutritional needs in many ways. For more information on nutritional programs in Clermont County visit the Health District's website at www.clermonthealthdistrict.org.

Farmers' Markets

Farmers' Markets are located throughout the County. These seasonal stands are a great place to buy fresh, locally grown fruits, vegetables and herbs. Local vegetable crops usually include tomatoes, green beans and corn, among others.

Common fruit crops, such as blueberries, strawberries and apples can also be found at farmers' markets. Buying produce from farmers' markets helps support local farmers and the entire agricultural community, as well as saving the energy and resources necessary to import produce from other areas. To get more information about farmers' markets visit the Clermont County General Health District's website at www.clermonthealthdistrict.org.



Clermont CAN (Coalition for Activity and Nutrition) is an ever growing group of representatives from local agencies and county residents who are concerned about the high rates of preventable diseases related to obesity in Clermont County residents. Increasing physical activity and improving eating habits is one way to begin to reverse the trend. This booklet has been created to help Clermont residents find free and low cost opportunities to participate in the coalition's simple yet focused vision: *Be Active, Eat Smart.*

Be active! Did you know that 10 minutes of physical activity a day can improve your fitness? You don't have to invest in exercise equipment or join the gym to exercise. **Visit some new Places and Spaces.** Clermont County offers many places and spaces for fitness and fun. Walk the nature trails at Crooked Run Nature Preserve (#11) or play a round of frisbee golf at Williamsburg Community Park (#62). Cast a line in the fishing pond at Pattison Park (#41) and go for a walk when you run out of bait. Not exactly the outdoorsy type? Check out the line dancing classes at the Miami Township Civic Center (#32).

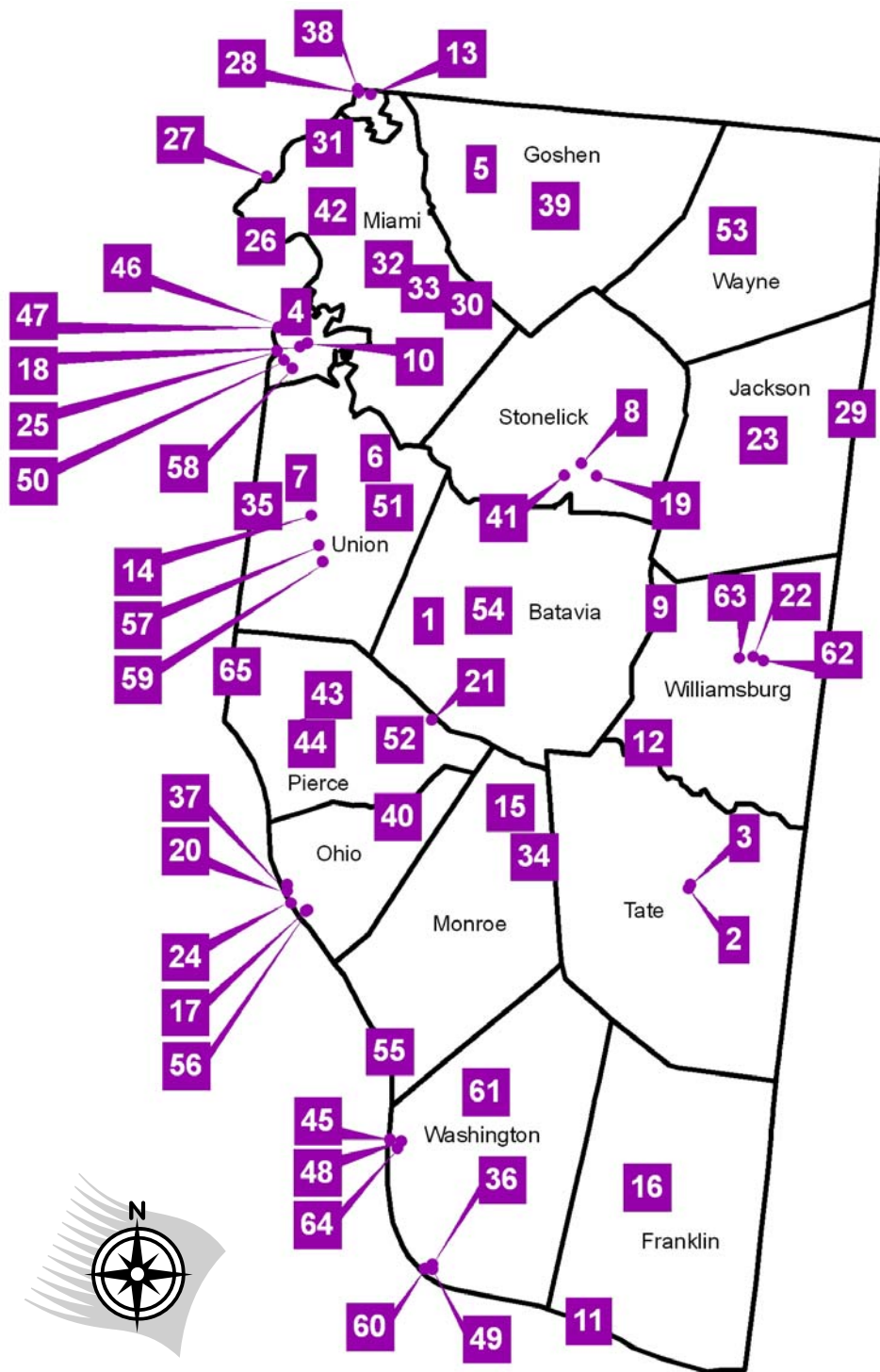


Eat smart! In addition to adding more physical activity to your daily routine, be sure to eat smart. Pack a balanced lunch with fresh fruits and whole grains. Don't have time to pack? Try ordering a salad and water with your meal in place of fries and soda.

Know your serving sizes. Familiarize yourself with the serving sizes on page 13. Remembering that a serving of cheese is the size of a 9 volt battery or that a full serving of fruit is 1 cup will help you keep your portion sizes under control and balance your diet.



It's worth it. By staying active and eating well, you can avoid many of the health risks associated with chronic diseases such as type II diabetes, high blood pressure, high cholesterol, asthma and arthritis.



Eat Smart

Build a healthy plate.

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Try some of these options.



Make half your plate fruits and vegetables.

- ◆ Eat red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli in main and side dishes.
- ◆ Eat fruit and vegetables or unsalted nuts as snacks—they are nature’s original fast foods.

Switch to skim or 1% milk.

- ◆ They have the same amount of calcium and other essential nutrients as whole milk but less fat and calories.
- ◆ Try calcium-fortified soy products as an alternative to dairy foods.

Make at least half your grains whole.

- ◆ Choose 100% whole-grain cereals, breads, crackers, rice and pasta.
- ◆ Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices.

- ◆ Twice a week, make seafood the protein on your plate.
- ◆ Eat beans which are a natural source of fiber and protein.
- ◆ Keep meat and poultry portions small and lean.



Eat Smart

Eat the right amount of calories. Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.

Enjoy your food but eat less. Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat. Get acquainted with serving sizes. Use these serving size and portion guides to keep your meals under control.

FRUITS	TYPE	SIZE
	Raw/Cooked	1 cup
	Juice 100%	1 cup
	Dried Fruit	1/2 cup

VEGETABLES	TYPE	SIZE
	Raw/Cooked	1 cup
	Juice 100%	1 cup
	Raw Leafy Greens	2 cups







GRAINS	TYPE	SIZE
	Bread	1 slice
	Cereal	1 cup
	Cooked cereal	1/2 cup
	Pasta	1/2 cup
	Rice	1/2 cup

PROTEIN	TYPE	SIZE
	Poultry	1 oz
	Red Meat	1 oz
	Fish	1 oz
	Eggs	1 egg
	Peanut Butter	1 tbsp
	Dry Beans	1/4 cup
	Nuts/Seeds	1/2 oz

DAIRY	TYPE	SIZE
	Milk	1 cup
	Yogurt	1 cup
	Natural Cheese	1 1/2 oz
	Processed Cheese	2 oz

OILS	TYPE	SIZE
	Canola	1 tsp
	Olive	1 tsp
	Vegetable	1 tsp
	Butter	1 tsp

Size by Comparison

	=	
1 TSP BUTTER		DICE
	=	
1 1/2 OZ CHEESE		9 VOLT BATTERY
	=	
3 OZ MEAT		PALM OF HAND

1 Batavia Township Community Park

Description: 75 acre park with a 1 mile paved walking trail, nature trails, 3/4 acre fishing pond, picnic areas and playground. Located at 1535 Clough Pike, surrounding the Batavia Township Community Center in Batavia.
www.bataviatownship.org

2 Bethel-Tate Community Walk/Bike Path

Description: 1.25 mile walk and bike trail adjacent to Burke Park in Bethel. Located between State Route 232 & Burke Park on Bethel Elementary and Middle School property. www.bethel-oh.gov

3 Burke Park

Description: park offering playground, skateboard pad, picnic areas, and tennis courts. Located off SR 125 on South Ash Street in the Village of Bethel.
www.bethel-oh.gov

4 Carriage Way Park

Description: 5.9 acre park with playground, walking trail and picnic areas. Located between Riverside Drive and High Street in Milford.
www.milfordohio.org

5 Cincinnati Nature Center - Long Branch Farm and Trails

Description: 582 acre park with 4 miles of hiking trails. Membership is required. Located at 6926 Gaynor Road in Goshen.
www.cincynature.org

6 Cincinnati Nature Center - Rowe Woods

Description: 1,025 acre park with 18 miles of hiking trails. Membership is required. Located at 4949 Tealtown Road in Union Township.
www.cincynature.org

7 Clepper Park

Description: 50 acre park with basketball court, walking track, fishing pond, football field, soccer fields, baseball fields and playground. Located at 4722 Summerside Road in Union Township.
www.union-township.oh.us



8 Clermont County Fair Grounds

Description: paved roadways open to the public for walking. Located at 1000 Locust Street in the Village of Owensville. www.clermontcountyfair.org

9 Clermont County YMCA

Description: fully equipped health and fitness center with exercise equipment, pools, gymnasium, running track, and fitness classes. Membership is required. The YMCA offers sliding scale fees and scholarships for low income families. Located at 2075 James E. Sauls Sr. Drive in Batavia. www.myy.org

10 Clertoma Park

Description: 1 acre park with playground, basketball court, picnic areas and walking trail. Located at Garfield Avenue and Powhatton Drive in the City of Milford. www.milfordohio.org

11 Crooked Run Nature Preserve/Chilo Lock #34 Park

Description: 77 acre nature preserve with 1 mile of hiking trails along the Ohio River with a backwater estuary, meadow, and small pond. Preserve is accessed from Chilo Lock 34 Park. The park includes a 1.5 acre wetland, playground, boat ramp and scenic river walk. Located at 521 County Park Road off of US Route 52, east of Chilo. www.parks.clermontcountyohio.gov

12 East Fork State Park

Description: 10,000 acre park with a 2,600 acre lake offering boating, fishing, camping, hunting, swimming, hiking, backpacking and biking. North entrance (camping, boat ramps and horseback riding bridle trails) is on Old State Route 32 just east of Half Acre Road in Afton. South entrance (swimming, hiking, and biking) is on Bantam Road off State Route 125, 11 miles east of Interstate 275. www.ohiodnr.com

13 East Loveland Nature Preserve

Description: 16 acre park with hiking trails. Located in the 300 block of East Loveland Avenue in the Village of Loveland. www.lovelandoh.com

14 Eastgate Mall

Description: walk indoors 8:30 a.m. to 10:00 a.m. Monday – Saturday and 10:30 a.m. to 12:00 p.m. on Sunday. Located at 4601 Eastgate Boulevard in Union Township. www.shopeastgatemall.com

More ways to increase physical activity.

At Home:

- ♦ Join a walking group in the neighborhood or at the local shopping mall. Recruit a partner for support and encouragement.
- ♦ Push the baby in a stroller.
- ♦ Get the whole family involved-enjoy an afternoon bike ride with your kids.
- ♦ Walk up and down the soccer or softball field sidelines while watching the kids play.
- ♦ Walk the dog-don't just watch the dog.
- ♦ Clean the house or wash the car.
- ♦ Walk, skate or cycle more and drive less.
- ♦ Plant and care for a vegetable or flower garden.
- ♦ Play with the kids –tumble in the leaves, build a snowman, splash in a puddle, or dance to your favorite music.



At Work:

- ♦ Park further away and walk the extra distance
- ♦ Replace a coffee break with a brisk 10-minute walk.
- ♦ Take the stairs instead of the elevator.
- ♦ Join the office softball team or walking group.

At Play:

- ♦ Walk, jog, skate, or cycle.
- ♦ Swim or do water aerobics.
- ♦ Take a class in martial arts, dance or yoga.
- ♦ Golf using a pull cart or carry your clubs.
- ♦ Canoe, row, or kayak.
- ♦ Ski cross-country or downhill.
- ♦ Play basketball, softball, or soccer.
- ♦ Hand cycle or play wheelchair sports.
- ♦ Take a nature walk.
- ♦ Most important-have fun!





Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot or bus stop. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing. Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.



Activity (10 min.)	Calories Burned
Walking Medium pace, firm surface	35
Dancing Aerobic	69
Swimming Slow/Moderate	74
Bicycling 10-12 mph, to work or for pleasure	64
Yard Work Weeding, cultivating, planting	48
Jogging	106

Check with your doctor before beginning a new exercise routine if you have any health concerns. This chart is based on 140lb individual. To find calories burned for your specific body type go to: www.webmd.com

- 15 Fair Oak Park**
Description: park with walking trail, picnic area, playground, and baseball field. Located on Fair Oak Road in Monroe Township. www.monroetwp.org
- 16 Farmer Barger Memorial Walking Trail**
Description: park with walking trail and picnic areas. Located at 2003 Main St. in the Village of Felicity.
- 17 Forest Park**
Description: park with basketball court and playground. Located at the corner of Hamilton Street and Augusta Street in the Village of New Richmond. www.newrichmond.org
- 18 Garfield Park**
Description: 9.5 acre park with picnic areas. Located on Garfield Avenue in the City of Milford. www.milfordoh.org
- 19 Gauche Park**
Description: park with playground, picnic areas and walking trail. Located at 410 South Broadway Street in the Village of Owensville. www.villageofowensville.org
- 20 George McMurchy Park**
Description: park with playground and basketball court. Also known as the Plum Street Park. Located between Front Street and Willow Street in the Village of New Richmond. www.newrichmond.org
- 21 Groh Park**
Description: 5 acre park with picnic shelter, basketball court, and walking trail. Located at 3390 Huntsman Trace in Amelia. www.ameliavillage.com
- 22 Harmony Hill**
Description: Harmony Hill is the terminus for the Williamsburg-Batavia Hike/Bike Trail as well as a historical museum located on the homestead of Maj. Gen. William Lytle at 299 South Third Street in the Williamsburg Village.



- 23 Hartman Log Cabin**
Description: 5 acre park with picnic areas and short walking trail. Located at 5272 Aber Road in Jackson Township. www.parks.clermontcountyohio.gov
- 24 Jessie Moonlight Hausserman Park**
Description: park overlooking the Ohio River with walking access to the river. Located at 201 Front Street in the Village of New Richmond. www.newrichmond.org
- 25 Jim Terrell Park**
Description: 27.3 acre park with picnic areas, campsite and canoe access. Located at Longworth Street and Ferry Street in the City of Milford. www.milfordohio.org
- 26 Kelley Nature Preserve**
Description: 42 acre nature preserve on the banks of the Little Miami River with 2 miles of walking trails and river views. Located at 297 State Route 126 in Miami Township. www.parks.clermontcountyohio.gov
- 27 Lake Isabella**
Description: 77 acre park with a 28 acre fishing lake, picnic areas and canoe access to the Little Miami River. Located at 10174 Loveland-Madeira Road in Loveland. www.greatparks.org
- 28 Little Miami State Park/Bike Trail**
Description: this state park is part of a larger scenic trail system commonly referred to as the Little Miami Bike Trail. 50 mile paved bike trail runs along the Little Miami Scenic River from Hedges Road just south of Xenia to Avoca Park in Hamilton County. Trail offers bicycling, hiking, jogging, rollerblading and horse-back riding. Parking and staging areas can be found in Xenia, Spring Valley, Corwin, Morrow, Loveland, and Milford. Five public river accesses offer parking and easy canoe, kayak, and fishing access to the river. Picnic areas are available in city parks in Morrow and Loveland. www.miamivalleytrails.org
- 29 Marathon Community Park**
Description: park with walking and bike trail, playground, basketball court and picnic areas. Located at 5462 Marathon Edenton Road in Marathon.

- 60 Washington Township Boat Ramp**
Description: boat ramp to the Ohio River. Located on Morgan Street in the Village of Neville.
- 61 Washington Township Park**
Description: 186 acre park with playground, walking trail, fishing pond, soccer fields, picnic areas and basketball court. Located at 2238 State Route 756 in Washington Township.
- 62 Williamsburg Community Park**
Description: 35 acre park with walking trail, picnic areas, playground, basketball court and frisbee golf course. Located at 150 East Main Street in the Village of Williamsburg. www.williamsburgohio.org
- 63 Williamsburg-Batavia Hike/Bike Trail**
Description: partially shared roadway paved hike/bike trail begins at the Williamsburg Community Park to South Broadway to Cain Run Creek in East Fork State Park. Work continues to connect the trail to the Village of Batavia. www.parks.clermontcountyohio.gov
- 64 Willow Park**
Description: park with playground. Located on Broadway Street in the Village of Moscow.
- 65 Woodland Mound Park**
Description: 1,004 acre park with a frisbee golf course, nature trails, picnic areas, playground, play fields and water park. Located at 8250 Old Kellogg Road in Anderson Township, just outside Pierce Township. www.greatparks.org



53 Stonelick State Park

Description: 1,250 acre park with a 200 acre lake offering boating, fishing, swimming, camping and over 7 miles of hiking trails. Located off State Route 727 at 2895 Lake Drive in Wayne Township. www.ohiodnr.com

54 Sycamore Park/Wilson Nature Preserve

Description: 158 acre park with playgrounds, picnic areas, tennis courts, sand volleyball courts, climbing boulders, and over five miles of walking trails. Nature preserve includes 3 miles of hiking trails along the East Fork of the Little Miami River and a 25 acre island. Located at 4082 State Route 132 in Batavia Township. www.parks.clermontcountyohio.gov

55 U. S. Grant Memorial Park

Description: park overlooking the Ohio River with picnic areas and walking access to the Ohio River. Located on US Route 52 in Monroe Township's Point Pleasant. www.ohiodnr.com

56 Union Square Park

Description: 3.6 acre park with walking trail and playground. Located at 509 Caroline Street in the Village of New Richmond. www.newrichmond.org

57 Union Township Civic Center

Description: community center with gymnasium open to the public at request. Located at 4350 Aicholtz Road in Union Township. www.union-township.oh.us

58 Valley View

Description: nature preserve also known as "The Bottoms" with hiking trails. Located adjacent to Pattison Elementary School in the City of Milford. www.milfordohio.org

59 Veterans Memorial Park

Description: park with playground, fitness activity area, walking trail, basketball and tennis courts, soccer field, and sand volleyball. Located at the corner of Clough Pike and Glen Este-Withamsville Road in Union Township. www.union-township.oh.us

30 Miami Meadows Park

Description: park with basketball courts, skate park, dog park, baseball, soccer and football fields, playground, walking trails, and fishing pond. Located at 1546 State Route 131 in Miami Township. www.miamitwp.org

31 Miami Riverview Park

Description: park with basketball and tennis courts, soccer and baseball fields, and playground. Located at 587 Branch Hill-Loveland Road in Miami Township. www.miamitwp.org

32 Miami Township Civic Center

Description: community center offering several programs for children and adults such as Tae Kwon Do, tumbling and dance. Located at 6101 Meijer Drive in Miami Township. www.miamitwp.org

33 Miami Township Community Park

Description: park with tennis courts, sand volleyball courts, walking trails and playground. Located at 5951 Buckwheat Road in Miami Township. www.miamitwp.org

34 Monroe Township Park

Description: 10 acre park with walking trail and playground. Located off of State Route 222 in Monroe Township. www.monroetwp.org

35 Mt. Carmel Park

Description: 1.5 acre park with playground and picnic areas. Located on Ravenwood Court in Union Township's Mt. Carmel. www.union-township.oh.us

36 Neville Community Park

Description: park with playground, basketball court, picnic area and baseball field. Located at the corner of Forest Street and Coffee Street in the Village of Neville.



37 New Richmond Skate Park
Description: 1,000 square yards of paved skating area, wedge boxes, jump combo, quarter pipes, spine and grind rails. Located at the intersection of Race and Willow Street in New Richmond. www.newrichmond.org

38 Nisbet Park
Description: park with picnic areas and access to the Loveland Bike Trail. Located at 233 Railroad Avenue in Loveland. www.lovelandoh.com

39 O'Bannon Creek Nature Trail
Description: scenic walking trail along O'Bannon Creek on the grounds of Goshen High School. Located at 6707 Goshen Road in Goshen.

40 Ohio Township Park
Description: park with walking trail, playground and tennis courts. Located at 2880 Mt. Pisgah Road in Ohio Township.

41 Pattison Park
Description: park with gazebo, fishing pond, picnic areas, walking trails and playground. Located one mile west of Owensville at 2228 US Route 50 in Stonelick Township. www.parks.clermontcountyohio.gov

42 Paxton Ramsey Park
Description: park with basketball courts, baseball and soccer fields, playground and walking trails. Located at 6265 Price Road in Miami Township. www.miamitwp.org

43 Pierce Township Park
Description: park with walking trails, playground, picnic areas, baseball and soccer fields and basketball and tennis courts. Located at 961 Locust Corner Road in Pierce Township. www.piercetownship.org

44 Pierce Township Park and Nature Trail
Description: park with natural walking trails, wildlife viewing areas, and picnic areas. Located at 871 Locust Corner Road in Pierce Township. www.piercetownship.org

45 Riverfront Park
Description: park with a river view and walking trail . Also known as Memorial Park. Located at 222 Second Street in the Village of Moscow.

46 Riverside I Park
Description: 3.6 acre park with basketball court and walking trail. Located on Water Street in the City of Milford. www.milfordohio.org

47 Riverside II Park
Description: 4.3 acre park with baseball field, picnic areas, and walking trail. Located on Water Street in the City of Milford. www.milfordohio.org

48 Rivervalley Community Center
Description: community center, also known as Moscow Community Center, with a gymnasium open to public at request, skate park, baseball field, soccer field and picnic areas. Located at 30 Wells Street in the Village of Moscow. Call (513)553-4200 for information.

49 River View Park
Description: park with 0.25 mile walking trail and picnic areas. Located along US Route 52 between Coffee Street and Washington Street in the Village of Neville.

50 SEM Villa Park
Description: 4.7 acre park with baseball field, picnic areas, tennis court, hand ball court, and walking trail. Located on South Milford Road in the City of Milford. www.milfordohio.org

51 Shore Park
Description: 56 acre park with walking trails that wind through woods and meadows. www.parks.clermontcountyohio.gov

52 Spencer Shank Memorial Park
Description: 20 acre park with walking trails, frisbee golf course, and playground. Located at 70 Robin Way in Amelia. www.ameliavillage.com