

WHO IS HEALTHY ST. PETE? YOU ARE!

Healthy St. Pete works to make the healthy choice the easy choice by providing free and affordable nutrition, physical fitness, and healthy lifestyle resources to the community.

FRESH REC STOP

Healthy St. Pete and the St. Petersburg Parks and Recreation Department operate produce coolers at various city facilities that allows the community to easily access and purchase fresh fruits and vegetables at a low cost. Healthy St. Pete also offers frequent cooking demonstrations using the produce and vegetables available at Fresh Rec Stop location.

Fresh Rec Stop is located at the following facilities:

FRANK PIERCE RECREATION CENTER
2000 7th St. S., (727) 893-7731

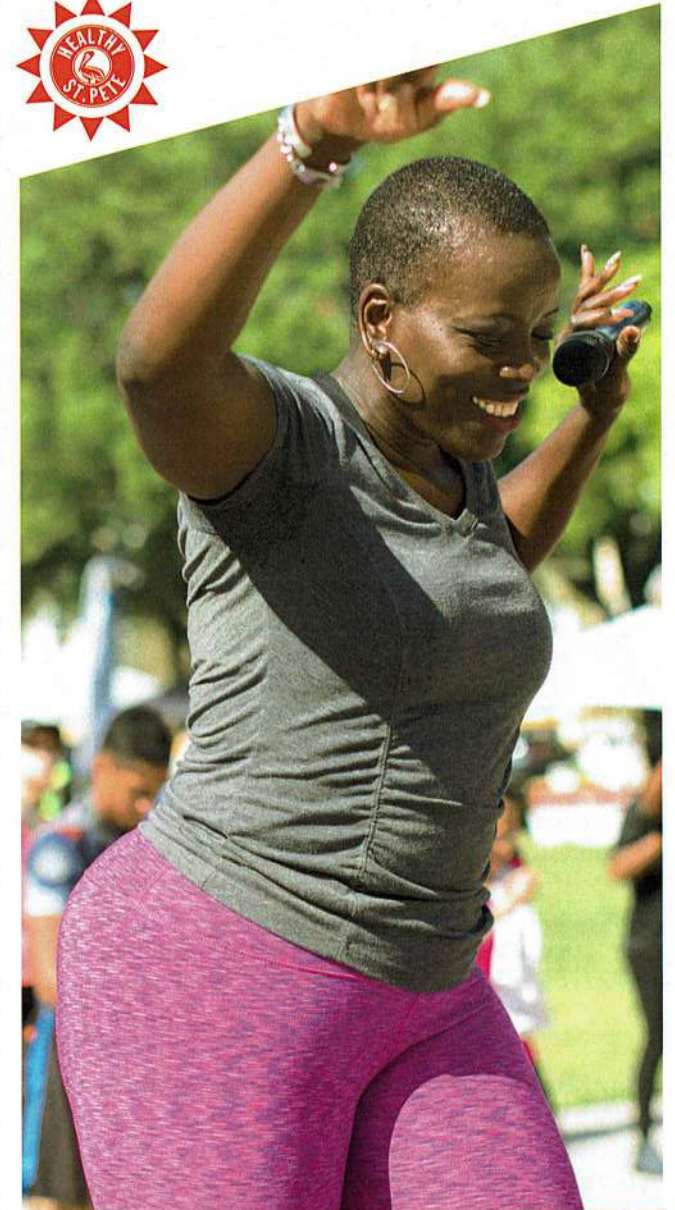
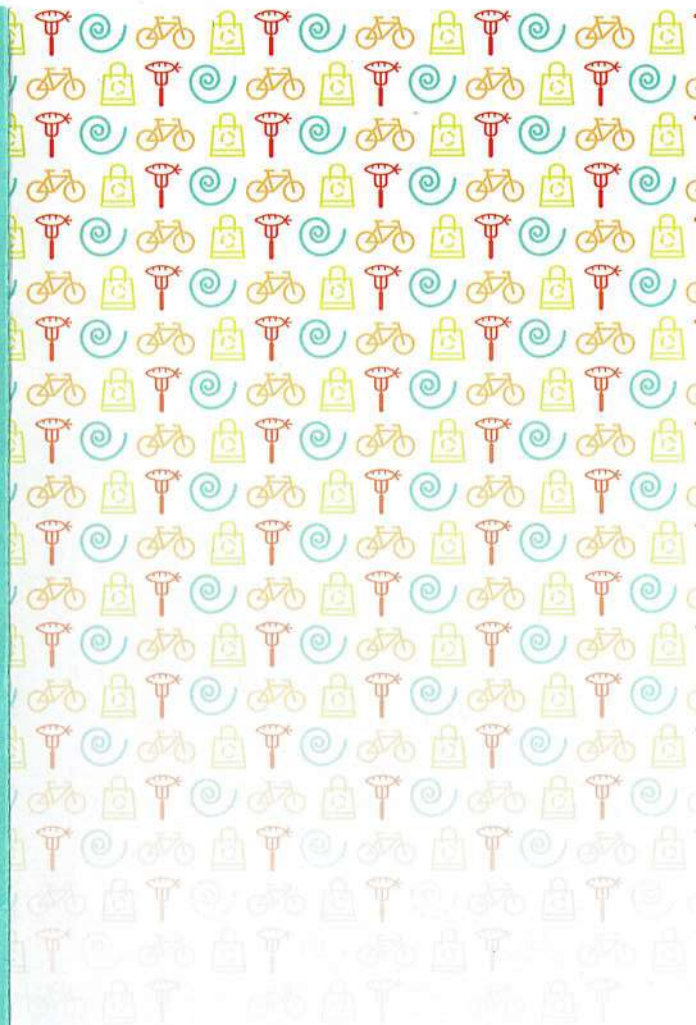
**LAKE MAGGIORE ENVIRONMENTAL
EDUCATION CENTER AT BOYD HILL**
1101 Country Club Way S., (727) 893-7124

LAKE VISTA RECREATION CENTER
1401 62nd Ave. S., (727) 893-7744

ROBERTS RECREATION CENTER
1246 50th Ave. N., (727) 893-7754

THOMAS "JET" JACKSON RECREATION CENTER
1000 28th St. S., (727) 893-7750

WILLIS S. JOHNS RECREATION CENTER
6635 Dr. MLK Jr. St. N., (727) 893-7756



1400 19th St. N., St. Petersburg, FL
727-892-5994

For more information about programs and resources,
visit HealthyStPeteFL.com.

**HEALTHY ST. PETE
FOOD + FITNESS
RESOURCE GUIDE**



FOOD + NUTRITION

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP):

BayCare presents a weekly series teaching early diabetes prevention on Monday afternoons and Wednesday evenings at several locations in St. Petersburg. As part of Healthy St. Pete's Health360 program, participants earn \$10 worth of fresh produce after each class. For more information, call (727) 892-5994 or visit HealthyStPeteFL.com

FEEDING TAMPA BAY'S MY MOBILE MARKET:

My Mobile Market is a pop-up mobile grocery store that brings healthy, nutritious food to easily accessible areas within the community. The My Mobile Market is located at the Sunshine Center, 330 Fifth St. N., on Tuesdays between 11 AM and 12 PM. For more locations, visit FeedingTampaBay.org/my-mobile-marketschedule

MY PLATE:

Get recipes and resources at your fingertips that help you build healthy and affordable meals. MyPlate is designed to emphasize the dietary guidelines for Americans and includes building blocks for nutritious recipes and meal planning for you and your family. Visit ChooseMyPlate.gov for more information.

URBAN AGRICULTURE:

Access to healthy, affordable food is vital for a sustainable community. A strong local food system improves health, promotes equity, and strengthens our economy. Want to grow your own fresh produce? Visit StPete.org/sustainability/urban_agriculture for the City's guide on how you can!

FITNESS + ACTIVITIES

GET FIT ST. PETE:

Healthy St. Pete offers a variety of free fitness programs for all ages and levels at parks throughout St. Petersburg. Classes include Cardio Tennis, Hoola-Fit, Tai Chi, Yoga, Trail Fun Run, Fun Fitness Boot Camp, and more, and are available on select Tuesday evenings and Saturday mornings. For more information and a complete schedule, visit HealthyStPeteFL.com

FIT4ALLKIDS AND FIT4ALLTEENS:

Johns Hopkins All Children's Hospital presents a fun, interactive program designed for families, school-aged children, and teens identified as overweight or with significant risk factors. Classes are offered weekday evenings between 6 PM and 8 PM at recreation centers in St. Petersburg. For more information, call (727) 892-5994 or visit HealthyStPeteFL.com



EXERCISE ZONES:

Free-to-use outdoor exercise equipment can be found at the following parks:

Azalea Park	Bartlett Park
Booker Park	Campbell Park
Crisp Park	Gladden Park
Kiwanis Park	Lake Vista Park
Jorgensen Lake Park	North Shore Park
Riviera Bay Park	

FITNESS CENTERS:

Free-to-use indoor exercise equipment can be found at the following facilities:

Childs Park Recreation Center
Enoch Davis Center
Sunshine Senior Center
Thomas "Jet" Jackson Recreation Center

GET SOCIAL

Share how you EAT, SHOP, LIVE and PLAY healthy with us on social media.

Join Healthy St. Pete on Facebook at Facebook.com/groups/HealthyStPete and follow [@StPeteParksRec](https://Instagram.com/StPeteParksRec) on Instagram.