

Get Out, Get Moving



New study credits Platte County with lowest obesity rate in Missouri; residents taking advantage of recreation and wellness opportunities

According to an article in the Platte County Sun Tribune, a Missouri Department of Health and Senior Services study found that Platte County has the lowest obesity rate in Missouri at 22.4 percent. Platte County Parks & Recreation has greatly increased the opportunities for physical activity in the last ten years and hope to provide many more in the future.

Just 30 minutes or more of moderate-intensity physical activity per day, enough to expend 200 calories per day can fight obesity and the negative effects of a sedentary lifestyle. A two-mile brisk walk on a trail is a great way to burn 200 calories.

Platte County has four trails, open dawn to dusk, that are a great way to have fun, check out nature and get some quality exercise. Over 8,000 users took a hike or bike ride on the Missouri Riverfront Trail in the last four months of 2009. Check out the trail that follows the Missouri River or one of the others listed below:



Prairie Creek Greenway

4-mile trail south of Platte City



Missouri Riverfront Trail

3.25 mile trail from Riverside to Burlington Creek



Southern Platte Pass

2-mile trail along Highway 45 in Parkville



Weston Bluffs

3.25 mil trail starting at Weston City Hall

Trail maps are available at www.platteparks.com.



Platte County's two Community Centers are full of activities to improve health. Many have already discovered the benefits of the Community Centers. Platte County Community Center South had the highest single day attendance on January 18, 2010 with 2,139 people using the facility. Physical activity has been known to have many favorable factors besides weight control including reducing heart disease and reducing symptoms of depression and anxiety. Both Platte County Community Centers feature wellness centers, gym, indoor aquatics, kids' adventure centers and outdoor playground areas.



Platte County Community Center North

3101 Running Horse Road, Platte City

Platte County Community Center South

8875 Clark Ave, Parkville

Visit the Community Centers website at

www.kansascityymca.org.

Check out the article in the Sun Tribune about Platte County's obesity rate and don't forget to get out and enjoy Platte County's many recreational amenities!

<http://suntrib.com/201001288137/community-living/community-living/platte-county-least-obese-in-missouri.html>