



Find new ideas and places to be active in the Valley!

Walking, running, hiking, biking, baseball, softball, football, soccer, tennis, volleyball, playgrounds, open play, paddling, swimming, winter activities, and more!

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Did you know?

Being active doesn't have to mean joining a gym or buying equipment. It does mean finding activities that you enjoy, and choosing a variety of those that get your heart beating faster, strengthen bones, and build muscles.

Physical activity is not only fun to do, it has many health benefits as well. It can make you feel better, function better, and sleep better. It can also reduce your risk of cardiovascular disease and diabetes, and can often help with arthritis and high blood pressure. Even short bouts of activity can help improve your health.

This guide features free or low-cost physical activity resources for people who are either just starting to be active, or are already active and looking for new ideas. You can find a description and address for each resource, and (if available) a link to the official website, contact information, and a Google map.

Ansonia • Beacon Falls • Derby • Naugatuck • Oxford • Seymour • Shelton

Scan this code to get active today!



Simple to use! To find resources available to you, visit us online
at avct.griffinhealth.org or search for **"Active Valley CT"**