



Public Health
Prevent. Promote. Protect.

Cole County
Health Department

Published 2010

By

The CeMo “WeCan” Coalition
Central Missouri’s

(Ways to enhance children’s activity and nutrition)

“WeCan!” is a trademark of DHHS



Ways to Enhance Children’s Activity & Nutrition

Jefferson City / Cole County Activity Resources / Nutritional Resources



Table of Contents

WALKING TRAILS	3
RECREATIONAL TRAILS	4
PLAYGROUNDS	5
ADDITIONAL PARKS	6
SWIMMING POOLS	7
SKATING AND FITNESS	8
NUTRITION COUNSELING SERVICES	9
HEALTHY FAMILIES	10



More Information

For more information on park locations and additional activity opportunities for children, please call the following:

The City of Jefferson Department of Parks, Recreation, and Forestry
573-634-6482

www.jeffcitymo.org/parks

or

The Jefferson City Area YMCA
573-681-9622

www.jcymca.org

The Jefferson City Parks Department and the YMCA have reduced fees available to those not able to afford to participate in organized activities. These programs are based on income and require an application process.

The Missouri Department of Conservation & Missouri State Parks Department manages many Missouri Forests so we can enjoy hiking, fishing, canoeing, camping and many more outdoor activities.

www.mdc.mo.gov/forest

www.stateparks.com



Healthy Families

TIPS FOR PARENTS

- ◆ Be a positive role model
- ◆ Encourage your child to eat breakfast
- ◆ Have healthy snacks such as fruits and vegetables on hand
- ◆ Limit television, videogames or computer time to one or two hours a day
- ◆ Plan regular physical activities for the family (Children need at least 60 minutes of daily physical activity)
- ◆ Limit portion sizes
- ◆ Limit sweetened beverages
- ◆ Eat together as a family without the TV on
- ◆ Read food labels, know the serving size, calorie and fat content
- ◆ Limit eating out

For more information visit:

www.letsmove.gov

www.fruitsandveggiesmorematters.gov



WALKING TRAILS

“Free Way” to physical fitness

Greenway System	14.4 miles of greenway walking trails throughout Jefferson City. The Westside Trail runs through Washington Park, along West Edgewood and West Stadium to Fairgrounds Road. The Eastside Trail runs along Wears Creek from East McCarty through Lincoln University.
Binder Park	5840 Rainbow Dr. Can also be accessed from Bus. Hwy 50 W (Apache Flats Exit) and Binder Lake Rd, 13.5 mile walking/bike trail
Ellis Porter/Riverside	300 Ellis Porter Dr., located at the north end of Grant Street, 1.3 mile walking trail
Jaycee Cole Co Park	Located on County Park Rd, next to Jaycee Fairgrounds
Katy Trail	Access trail north of Jefferson City. Hwy 54 N to Airport Exit . 225 miles, walking/bike trail crossing Missouri from Clinton to St. Charles Access also from MO. River bridge. bike/pedestrian walkway.
East Miller Park	1916 East Miller St., .25 mile walking trail
McKay Park	1700 Southridge Drive, .6 mile walking trail
Memorial Park	111 Memorial Park Drive, 1.3 mile walking trail
Runge Conservation Nature Center	330 Commerce Dr, 5 walking trails of various lengths, climb 60 ft fire tower



RECREATIONAL TRAILS

Mountain Biking Trail

Binder Park 5840 Rainbow Dr., can also be accessed from Bus. Hwy 50 W (Apache Flats Exit) and Binder Lake Rd., 13.5 mile walking/bike trail

Edgewood Greenway (Adjacent to the Greenway) 2.3 miles, Access from Edgewood Drive Parking Lot

Bike Trail

Katy Trail Access trail north of Jefferson City. Hwy 54 N to Airport Exit. 225 miles, walking/bike trail crossing Missouri from Clinton to St. Charles

Skateboards

Washington Park 711 Kansas Street, near Ice Arena, open to skateboarders during daylight hours

Disk Golf Course

Joseph Miller Park 5221 Rainbow Drive, 66 acre park, throw frisbee type discs at a chain basket, 18 holes, no cost to play (Call Parks and Recreation @ 634-6482 for more information) Binder Park adjoins Joseph C. Miller Park

Tennis Courts

Washington Park 7 lighted tennis courts located behind the Ice Arena



NUTRITION COUNSELING SERVICES

THE FOLLOWING FACILITIES HAVE REGISTERED, LICENSED DIETITIANS ON STAFF WHO PROVIDE WEIGHT MANAGEMENT AND PERSONALIZED NUTRITION COUNSELING FOR CHILDREN, ADOLESCENTS AND ADULTS.

Capital Regional Medical Center
1125 Madison Street
Jefferson City, MO 65102
573-632-5192

Cole County Health Department
1616 Industrial Drive
Jefferson City, MO 65109
573-636-2181

Hy-Vee
3721 West Truman Boulevard
Jefferson City, MO 65109
573-893-2505

Jefferson City Medical Group
1241 West Stadium Boulevard
Jefferson City, MO 65109
573-556-5774

St. Mary's Health Center
100 Saint Mary's Medical Plaza
Jefferson City, MO 65101
573-761-7000 Ext 1456



SKATING and FITNESS

Roller Skating

Sk8 Zone 301 Flora Drive in Jefferson City
573-635-5000

Ice Skating

Washington Park Ice Arena 711 Kansas Street
Open : August-April
573-634-6580

Fitness Centers

Capitol Region Health-Plex 1432 Southwest Boulevard
(Age 12 and Above)
573-632-5440

Wilson's Total Fitness 3600 Country Club
(Fit Kids Ages 5-11)
Available to Members and
Non-members
573-634-3036

YMCA Firley Center 525 Ellis Boulevard
573-761-9005

YMCA Knowles Center 424 Stadium
(Kidz in Motion)
573-761-3542



Washington PLAYGROUNDS Park 1200

Aurora Park 541 Aurora Ave, 6.7 acres, Playground,
Basketball

Community Park 725 Marshall St, 3 acres, Playground and
Greenway Access

Hickory Adams Park On the corner of Hickory and Adams Street,
Playground, Horseshoe Pit, Open Play Area

McKay Park 1700 Southridge Dr., 20.5 acres, Fitness
Trail, Playground, Basketball, Fishing

East Miller Park 1916 East Miller St., 2 acres, Playground,
Fitness Stations, Trail, Basketball

Binder Park 5840 Rainbow Dr., 644 acres, Playground,
Bike Trails, Walking Trails, Volleyball,
Softball, Fishing

Ellis Porter/Riverside 300 Ellis Porter Dr., 60 acres, Playground,
Fitness Trail, Basketball, Handball, Pool,
Volleyball

McClung Park 930 McClung Park Dr., 45 acres,
Playground

Memorial Park 111 Memorial Park Dr., 1.3 Mile Fitness
Trail, 2 Playgrounds, Pool, Basketball

Park Place Park 1112 Park Ave, Playground, Basketball



ADDITIONAL PARKS

Cole County

- Jaycee Cole Co Park** Located on County Park Road next to the Jaycee Fairgrounds, Large Playground, Fishing and Walking Trail
- Russellville Park** Russellville City Park located on Hatler Str. Playground and Basketball Court
- Cole R-1 Elementary / Middle School in Russellville has an Outdoor Track and Play-Ground that is available to the public
- St. Martins** Niekamp Park located on Verdant Drive, Playground, Shelter
- Taos** 4909 Countryside Park, 2 Playgrounds
- Wardsville** Blair Oaks School Sports Complex offers an Outdoor Track for public use

Callaway County

- Holts Summit** Hibernia Station Park, on South Summit Drive, .75 mile walking trail, playground



SWIMMING POOLS

"Fee Way" to Physical Fitness

Pools

- Ellis Porter/Riverside** 320 Ellis Porter Drive, Public Sessions are as follows:
Monday thru Friday 12-5pm
Saturday thru Sunday 12-6 pm
Call Jefferson City Parks and Recreation for fee information @ 573-634-6482
- Memorial Park Family Aquatic Center** 120 Binder Drive
Public Sessions are as follows:
Monday thru Sunday 12-7 pm (LAP SESSIONS AVAILABLE)
Call Jefferson City Parks and Recreation for fee information @ 573-634-6482
- YMCA Indoor Pool** Located at Knowles Center
424 Stadium Boulevard
(Call for fee info @ 573-761-3542)
- YMCA Outdoor Pool** Located at Firley Center
525 Ellis Boulevard
(Call for fee info @ 573-761-9005)
- Russellville City Park/Pool** 5515 Hatler Street
Russellville, MO