



<https://www.csun.edu/here-center>

Community Resources



Resources in the community



1

Free Fitness Program

3WINS Fitness

3

Movement

Examples of activities

2

Green Spaces

Local Recreation Centers and Parks

4

Nutrition

Food is critical

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Community Organizations

FREE FITNESS PROGRAM



3WINS Fitness

FAMILY FITNESS with **3** WINS fitness

Scan for video



SCAN ME

Anthem



Join us EVERY Saturday starting **MARCH 5TH** for family fun and fitness. ALL ages (5+) and fitness levels welcome!

In preparation for The San Fernando Valley Mile, 3 WINS Fitness will provide a **FREE** program for the entire family! Programming will include strength and cardio that will fit everyone's needs!

There will be 2 options available: El Cariso Community Regional Park

8:30-9:30am

&

10:00-11:00am

13100 Hubbard St.
Sylmar 91342

meet @ basketball court



THE CITY OF SAN FERNANDO

CSUN | KINESIOLOGY



VARGO
PHYSICAL THERAPY
www.vargopt.com

ACE →



Crescenta Valley Community Regional Park

RE-OPENING 2022

3901 Dunsmore Avenue, La Crescenta, CA 91214
Days: Tue, Thur, Fri
Time: 8:15am-9:15am



David M. Gonzales Recreation Center

RE-OPENING 2022

10943 Herrick Avenue, Pacoima, CA 91331
Days: Mon, Wed, Fri
Time: 8:15am-9:15am



El Cariso Community Regional Park

RE-OPENING 2022

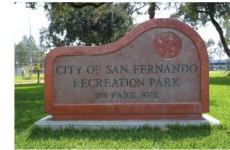
13100 Hubbard Street, Sylmar, CA 91342
Days: Mon, Wed, Fri
Time: 8:15am-9:15am



Lanark Recreation Center

RE-OPENING 2022

21816 Lanark St, Canoga Park, CA 91304
Days: Tues, Thur, Fri
Time: 8:15am-9:15am



San Fernando Recreation Park

RE-OPENING AUGUST 30, 2021

208 Park Avenue, San Fernando, CA 91340
Days: Mon, Wed, Fri
Time: 8:15am-9:15am
Park Coordinator: Garland Gibbs
Email: garland.gibbs.125@mycsun.edu

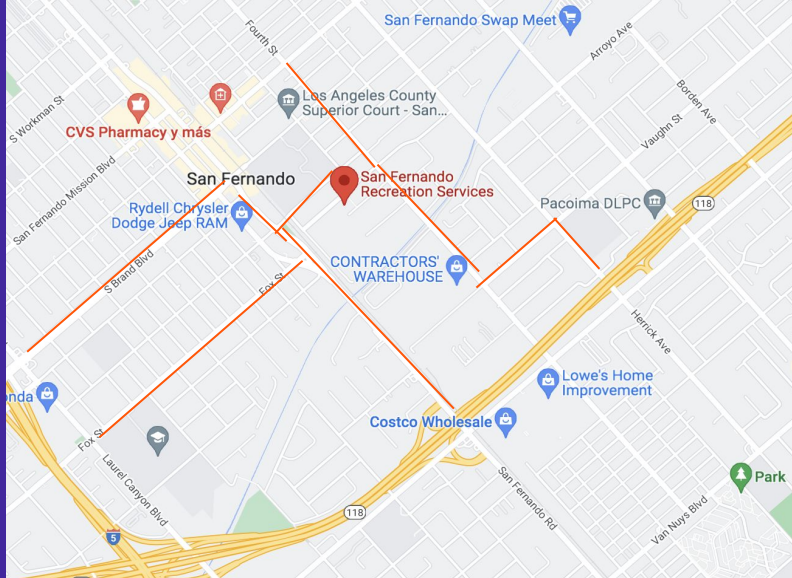


Sepulveda Middle School

RE-OPENING 2022

15330 Plummer Street, North Hills, CA 91343
Days: Tue, Thur, Fri
Time: 8:15am-9:15am

Walking routes to 3WINS locations



San Fernando Recreation Park

208 Park Ave, San
Fernando, CA 91340



El Cariso Community Regional Park

Hubbard Street, Sylmar, CA
91342



GREEN SPACES

Sampling of local parks in the Valley



Paxton Park

10731 Laurel Canyon Blvd ,
Pacoima , CA



Winnetka Recreation Center

8401 Winnetka Ave,
Winnetka, CA 91306



Van Nuys Recreation Center

14301 Vanowen St, Van
Nuys, CA 91405



Devonwood Park

10230 Woodman Ave ,
Northridge , CA



Granada Hills Recreation Center

16730 Chatsworth St, Granada
Hills, CA 91344



Albert Piantanida Recreation Center

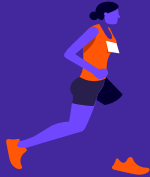
9540 Van Nuys Blvd,
Panorama City, CA 91402

MOVEMENT

Low to moderate intensity activities



Child Care



Walking



Stretching



Gardening

| RPE SCALE | RATE OF PERCEIVED EXERTION |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10 / | MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time |
| 9 / | VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words |
| 7-8 / | VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence |
| 4-6 / | MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging |
| 2-3 / | LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation |
| 1 / | VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc |

Moderate to vigorous intensity activities



Running



Dancing



Jump Rope

How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



Move more, with more intensity, and sit less.

Find out how at heart.org/movemore.

NUTRITION

Food habits are important

04



American Heart Association.

10 ways to improve your heart health

- 1** Balance calories eaten with physical activity.
- 2** Reach for a variety of fruits and vegetables.
- 3** Choose whole grains.
- 4** Include healthy protein sources, mostly plants and seafood.
- 5** Use liquid non-tropical plant oils.
- 6** Choose minimally processed foods.
- 7** Subtract added sugars.
- 8** Cut down on salt.
- 9** Limit alcohol.
- 10** Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart

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Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too — adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbecue sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



Get recipes and more tips at HEART.ORG/RECIPES

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/HEALTHYFORGOOD

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Sampling of Food outlets in the Valley

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;">Grocery Store</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Aldi Valley Marketplace 99 Ranch Market Super King Markets Victory Produce Albertsons</p> | <p style="text-align: center;">Grocery Store</p> <hr style="border-top: 1px dashed #ccc;"/> <p>Vallarta Supermarket Superior Groceries Food 4 Less Seafood City Supermarket Galleria Market Royal Fresh Market</p> |
| <p style="text-align: center;">Farmers Market</p> <p>Main Street Canoga Park Farmers Market Northridge Farmers Market Pasadena Certified Farmers Market Formeris Farms Encino Farmers Market Glendale Gateway</p> | <p style="text-align: center;">Food Banks</p> <p>MEND Rock of the valley First United Methodist Church of Reseda Lighthouse of San Fernando Valley Park Church</p> |

COMMUNITY ORGANIZATIONS



<https://www.laparks.org/parks>



LOS ANGELES COUNTY
Parks & Recreation
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05

<https://parks.lacounty.gov/park-search-2/>



CHILD DEVELOPMENT
INSTITUTE

<https://cdikids.org/>

Visión y Compromiso™



<https://www.csun.edu/here-center>

<https://visionycompromiso.org/bailoterapia/>

3 WINS
fitness

<https://3winsfitness.com/>



<https://www.cdfa.ca.gov/is/docs/CurrentMrktsCounty.pdf>



Thank you!

Do you have any questions?
Email lisa.chaudhari@csun.edu