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MAP YOUR WAY TO FITNESS IN PINELLAS

Find places to work out, hydrate and repair your bike



Contact:

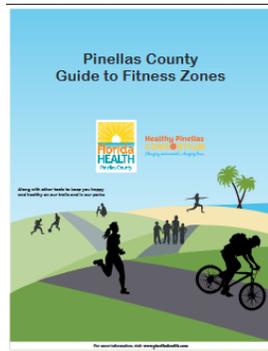
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Find dozens of places to work out, fill your water bottle and repair your bike in Pinellas—all at no cost—with the aid of a new map from the Florida Department of Health in Pinellas County (DOH-Pinellas).

The 2017 *Pinellas County Guide to Fitness Zones* lists locations throughout the county where park amenities funded by a grant from the Centers for Disease Control and Prevention are located. Fitness Zones—workout areas located in city and county parks—have outdoor equipment anyone can use for upper- and lower-body workouts at no cost. Bottle-refill stations accommodate large containers and feature the usual water dispensers as well. Bike Fix-It stations have free air and bicycle repair tools to keep riders on the road longer.



All were funded by the CDC's [Partnerships to Improve Community Health](#) (PICH) grant that spanned 2014-2017. The grant was provided to DOH-Pinellas to work with municipalities and partnering agencies on initiatives to improve access to physical activity and better nutrition.

The amenities in the DOH-Pinellas guide span from Tarpon Springs to south St. Petersburg and include the addresses of all improvements.

A limited number of copies will be available at DOH-Pinellas locations and at partnering agencies. For a printable PDF, go to <http://pinellas.floridahealth.gov/programs-and-services/wellness-programs/health-promo-school-health/documents/pinellas-county-recreation-centers-and-fitness-zones.pdf>.

For information about the PICH grant, go to <http://pinellas.floridahealth.gov/programs-and-services/wellness-programs/health-promo-school-health/index.html>.

For information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter @HealthyPinellas.

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