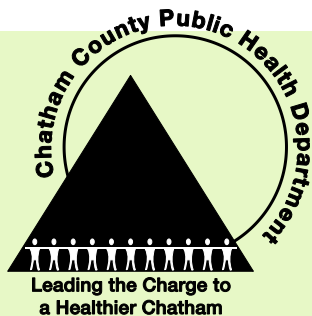


Healthy eating starts now

Did you know that most preschoolers need to be presented with a new food 10-15 times before accepting it and eating it? Here are some tips for feeding toddlers. (Kidshealth.org)

- ⇒ Most toddlers are picky, but avoid feeding a child the same thing repeatedly. Present a variety of healthy foods, including some established favorites and new items.
- ⇒ Set the example. Show them that you enjoy eating nutritious foods at meal time.
- ⇒ Don't bargain for bites. Forcing a child to eat one bite of food may build dislike for the food instead of increase acceptance. Let them take their time to try it, and like it, on their own.
- ⇒ Don't negotiate. Using dessert as an incentive makes treats more valuable than nutritious, mealtime food. Engage children in preparing healthy meals to focus their behavior on healthy eating.
- ⇒ Water and low fat milk are the only drinks kids need. Save the fruit juice for special occasions – and only about half a cup of 100% fruit juice is recommended. Whole fruit is always better!



This guide was adapted from *Chatham County Physical Activity Resource Guide*, a publication of the Chatham County Public Health Department, updated May 2013.

chathamnc.org/publichealth

Great places
in Chatham
County
for families
to be active.



CHATHAM COUNTY
PARTNERSHIP
FOR CHILDREN

919.542.7449

chathamkids.org



Help your child grow healthy habits.

Did you know that preschool age children who are overweight are five times more likely to be overweight as adults? (cdc.gov)

Here are two great websites for tips and inspiration on staying active and eating healthy foods:

[pinterest.com/shapenc](https://www.pinterest.com/shapenc) - great inspiration for fun, kid-friendly ideas to improve nutrition, increase physical activity, and interact with nature.

[letsmove.gov](https://www.letsmove.gov) - an easy to navigate website, with tons of resources for parents from recipes to ideas for active games and much more.



Be a family on the move.

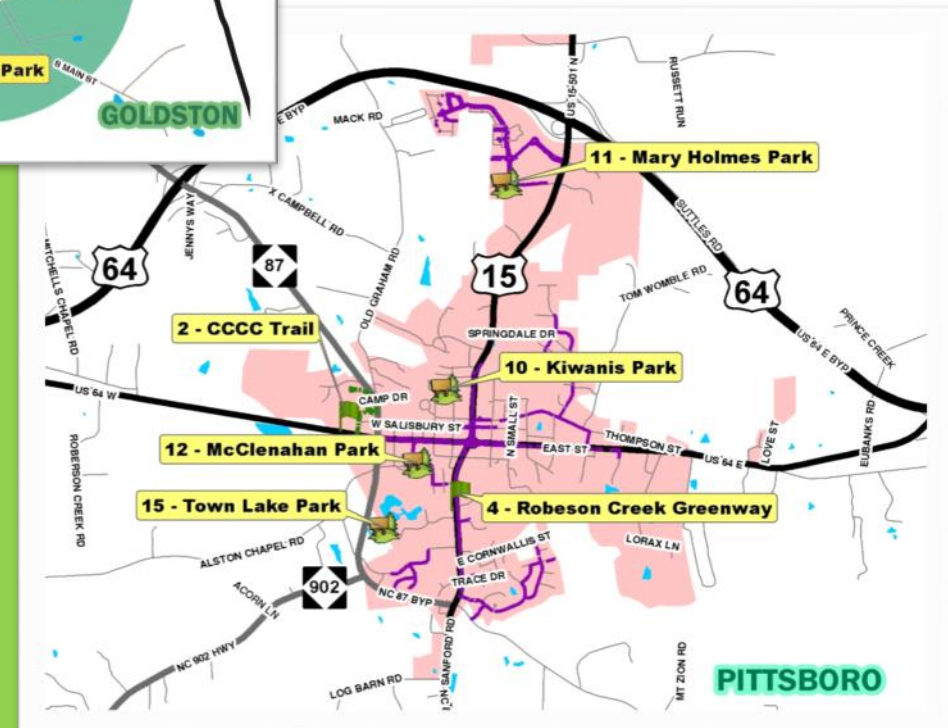
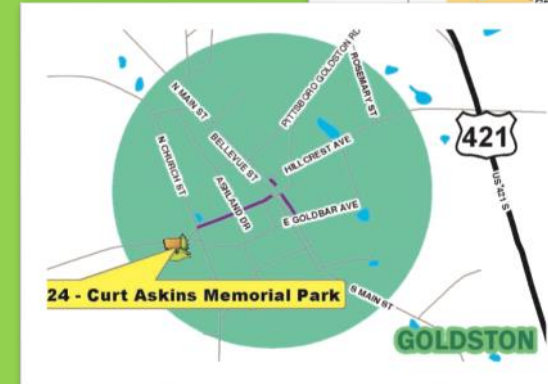
Children need 60 minutes of play with moderate to vigorous activity every day but it doesn't have to occur at once. It all adds up! (letsmove.gov) **How about:**

- ⇒ Limit screen time to no more than 1-2 hours a day (American Academy of Pediatrics)
- ⇒ Walk the dog
- ⇒ Have a family dance party
- ⇒ Take the stairs
- ⇒ Rake the leaves
- ⇒ Play an active game
- ⇒ Walk to school
- ⇒ Find a great new place to walk, bike and play, using this guide!



Town Parks in Chatham County

Siler City
Pittsboro
Goldston



Additional Resources

Chatham County Schools:

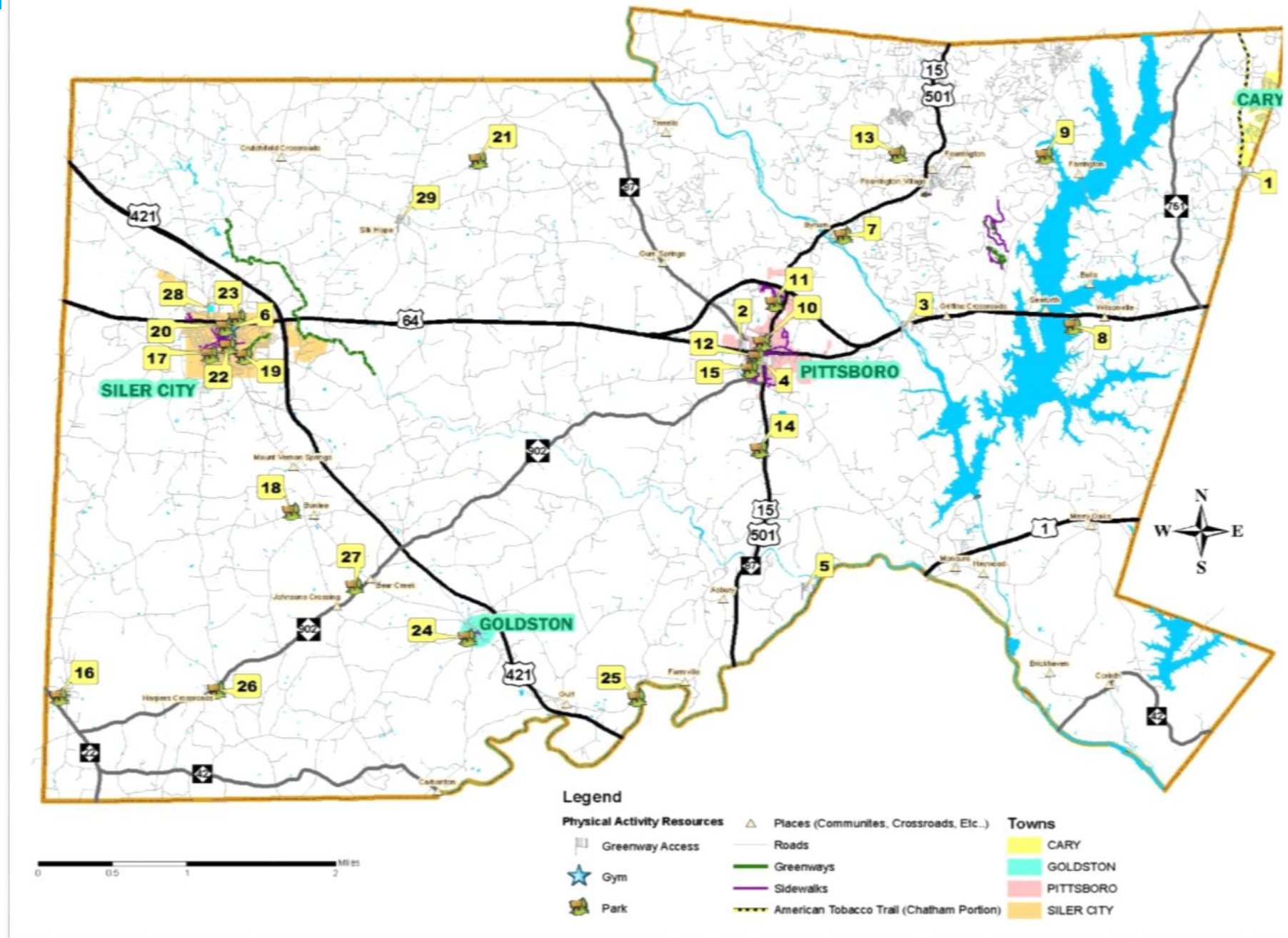
There are 17 public schools in Chatham County that have tracks, playgrounds, playing fields and gymnasiums. These can be a convenient location to get exercise but you must contact each school for details on available facilities and hours for public use. Please contact the Chatham County School System at 919-542-3626 regarding the public use of school facilities.

Jordan Lake State Recreation Area

<http://www.ncparks.gov/Visit/parks/jord/main.php>

American Tobacco Trail

http://www.triangletrails.org/pdfs/ATT_map-6-10_3-4.pdf



SPECIAL
Pull-out
page

Use this map
and the chart
on the other
side to find out
where Chatham
County's
resources are
located and
what they offer.

	Park/Facility Name	Distance of Trail/ Trails/Walking Paths	Baseball/ Softball Fields	Basketball Courts	Canoeing/ Kayaking & Paddle Boats	Camping	Community/Rec Center	Concessions	Football Field	Dog Friendly	Gymnasium	Lights	Playground Equipment	Picnic Tables	Reservation Available	Restrooms	Shelter	Soccer/ Multipurpose Fields	Swimming	Tennis Courts	Volleyball	Water Fountain	Disc Golf	Fishing
Access to Greenway	1	American Tobacco Trail	■	22 miles						■														
	2	Central Carolina Community College Trail 764 West St, Pittsboro NC	■	1 mile										■									■	
	3	Lower Haw River State Natural Area Haw River south of Bynum, Pittsboro NC	■	4.3 miles			■																	
	4	Robeson Creek Greenway Sanford Rd to Small St along creek	■	.25 miles																				
	5	White Pines Nature Preserve State Road 1959, Sanford NC	■	3 miles						■														
	28	Western Senior Center Trail 112 Village Lake Road, Siler City NC	■	.50 miles																				
	29	Silk Hope Ruritan Club Track 3765 Mt Vernon Hickory Mountain Rd	■	.30 miles																				
Gym	6	Earnest Ramsey Gym 512 E. Sixth St, Siler City NC									■													
Parks	7	Earl Thompson Park 173 Bynum Hill Rd, Bynum NC			■					■		■	■	■		■								
	8	Jordan Lake State Park 280 State Park Rd, Apex NC	■				■	■		■			■	■	■	■	■	■		■		■		■
	9	Northeast District Park 5408 Big Woods Rd, Chapel Hill NC	■	.25 miles	■				■	■	■		■	■	■	■	■	■		■		■		■
	10	Kiwanis Park 209 Credle St, Pittsboro NC												■								■		
	11	Mary Holmes Park 304 Old Rock Springs Cemetery Rd, Pittsboro NC	■	.33 miles										■	■			■	■					
	12	McClenahan Park 290 Pittsboro Elementary School Rd, Pittsboro NC				■						■								■				
	13	Park at Briar Chapel 1015 Andrews Store Rd, Pittsboro NC			■				■	■			■			■	■		■					
	14	Rock Ridge Park 1397 Old Sanford Rd, Pittsboro NC	■	.62 miles						■				■			■							
	15	Town Lake Park 529 NC 902 Hwy, Pittsboro NC	■	2 miles						■			■	■	■	■	■	■	■					
	16	Bennett Recreational Park Inc. 233 W Raleigh St, Bennett NC			■	■			■				■	■	■		■	■	■					
	17	Boling Lane Park 302 S. Fir Avenue, Siler City NC	■	.20 miles						■			■	■	■		■	■			■		■	
	18	Bonlee Recreational Park 150 Ball Park Rd, Bonlee NC			■				■				■			■	■	■	■				■	
	19	Bray Park 800 Alston Bridge Rd, Siler City NC			■	■			■				■	■	■	■	■	■	■	■	■	■	■	
	20	Landrus Siler Park 406 E. Ninth St, Siler City NC				■								■	■			■	■					
	21	Northwest District Park 2413 Woody Store Rd, Siler City NC	■	1 mile		■	■	■	■		■			■	■	■	■	■	■	■			■	
	22	Paul Braxton 111 South Third Ave, Siler City NC			■	■		■		■		■					■		■				■	
	23	Washington Avenue Park 1308 Washington Ave, Siler City NC	■	.25 miles		■				■				■	■		■	■					■	
	24	Curt Askins Memorial Park 355 Goldston-Glendon Rd, Goldston NC	■	.60 miles	■				■					■			■							
	25	Deep River Park 2989-3079 State Road 2145, Goldston NC				■				■			■		■	■								
	26	Harpers Crossroads Park 20079 North Carolina 902, Bear Creek NC						■	■		■		■	■	■	■	■	■						
	27	Southwest District Park 15124 Highway 902, Bear Creek NC	■	.50 miles	■				■		■		■	■	■	■	■	■	■			■	■	